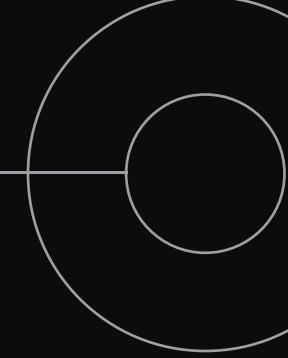


THE FASTEST WAY TO ACHIEVE ANYTHING

(STEP-BY-STEP)

WITH RÍAN DORIS





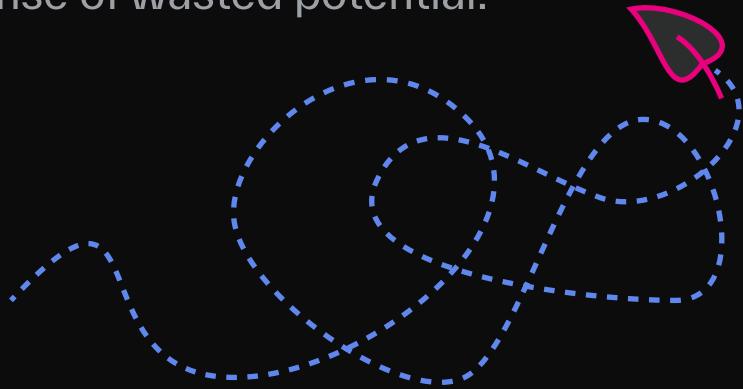
Psychic Entropy

Psychic entropy refers to the painful but natural tendency of our consciousness to drift into a state of disorder and chaos when left unstructured.



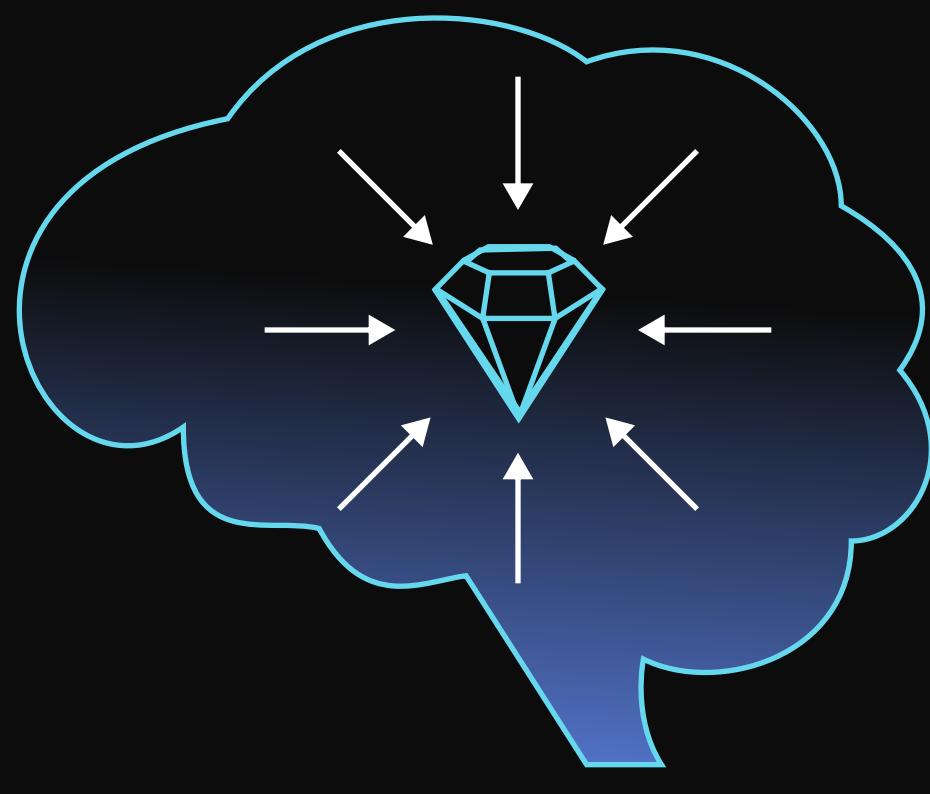
Without direction, our minds wander aimlessly, ruminating on past mistakes, worrying about the future, or getting lost in unproductive daydreams.

Psychic entropy is **like being a leaf tossed by the wind** – no direction, no control, and a nagging sense of wasted potential.



It erodes confidence and leads to questioning one's worth, especially when seeing others with clarity and ambition.

Goal-Directedness is the Cure



This aligns daily efforts with long-term aspirations, reduces psychic entropy, and increases productivity.



It transforms you from a pinball bouncing around tasks to a guided missile locked onto targets.

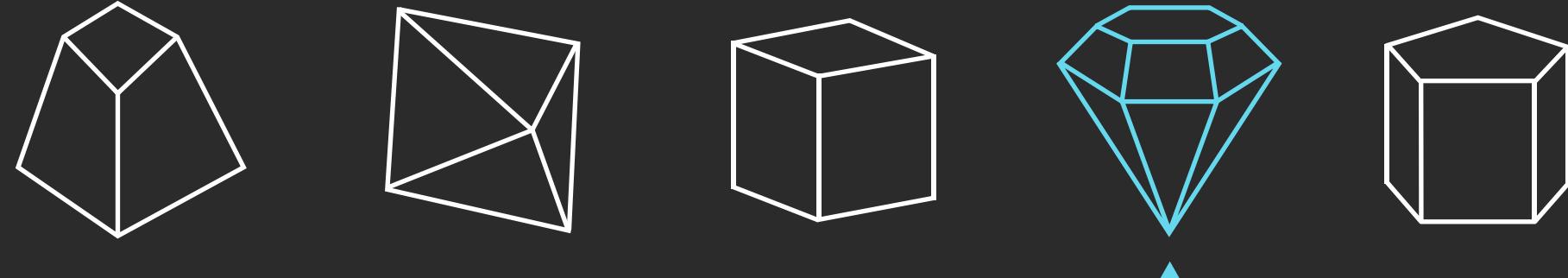
Goal-directedness involves having a clear purpose and structured goals, which provide direction and order to our consciousness.



Four Steps To Become Goal Directed

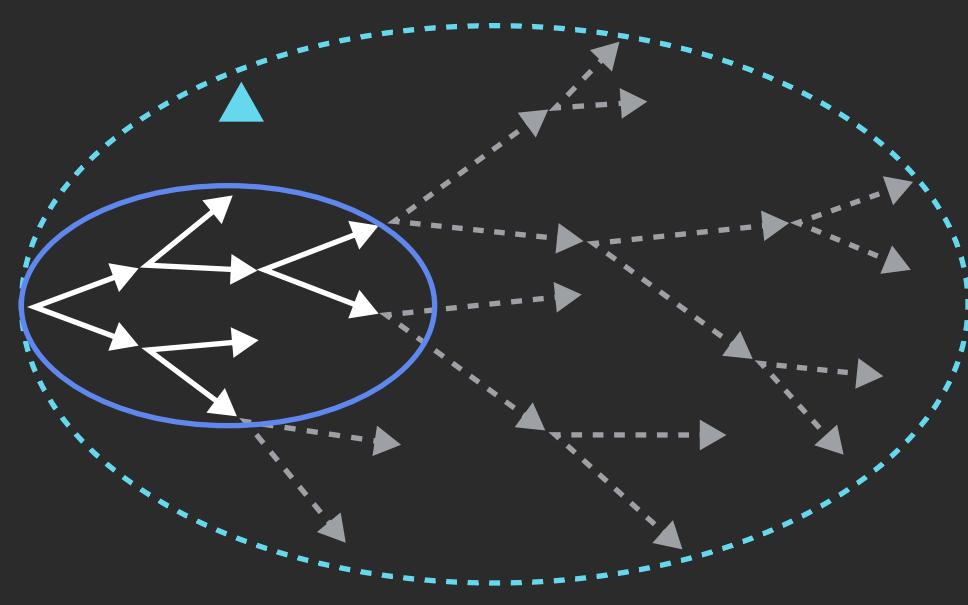
01

FIND YOUR PURPOSE



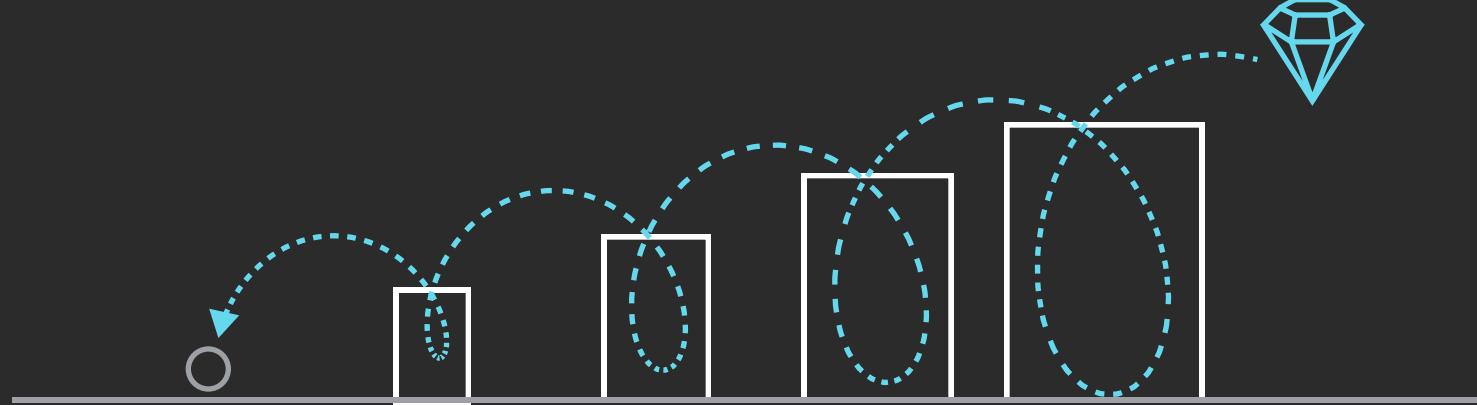
02

EXPAND YOUR POSSIBILITY SPACE



03

REVERSE ENGINEER YOUR GOAL STACK



04

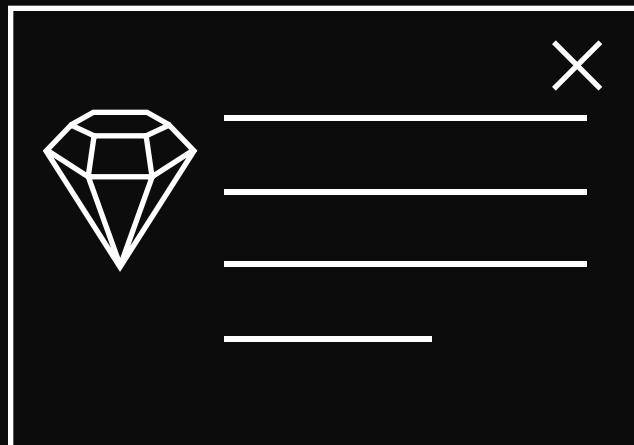
DAILY ACTIONS FOR YOUR GOAL DIRECTEDNESS





STEP 1: Find Your Purpose (by Picking a Problem)

A PURPOSE IS NOT A NOUN



IT'S A VERB

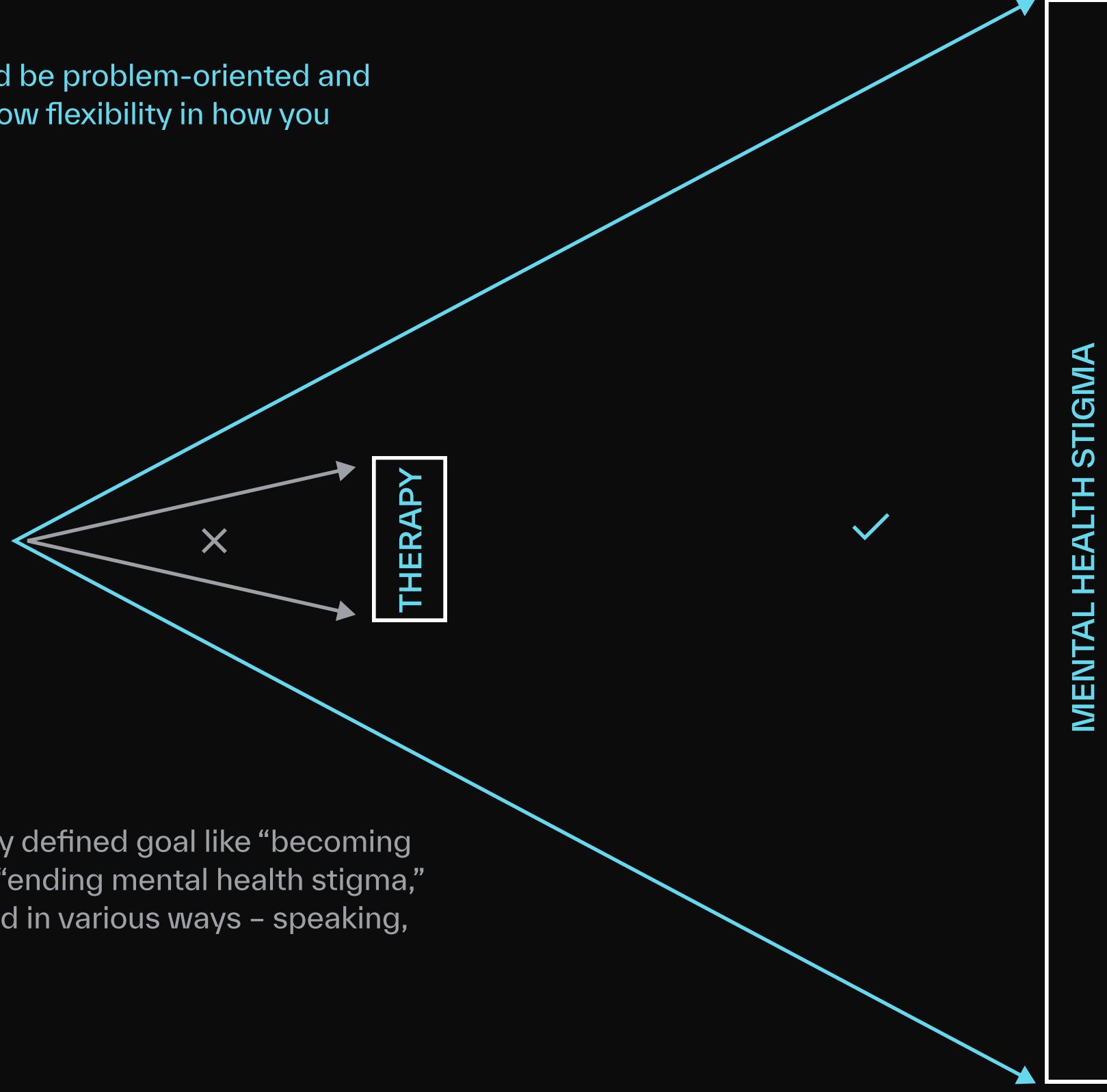


You don't find it, you pick it by asking yourself:
"What problem do I want to solve in the world?"

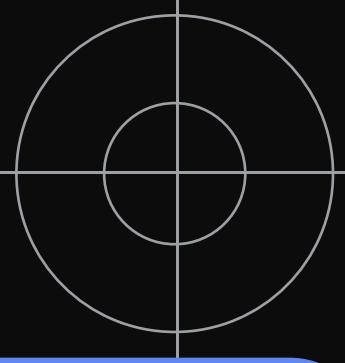
Focus on something that bothers you or that you are passionate about changing. Think about issues you see personally, with friends and family, or in the world at large.

Your purpose should be problem-oriented and broad enough to allow flexibility in how you achieve it.

EXAMPLE:

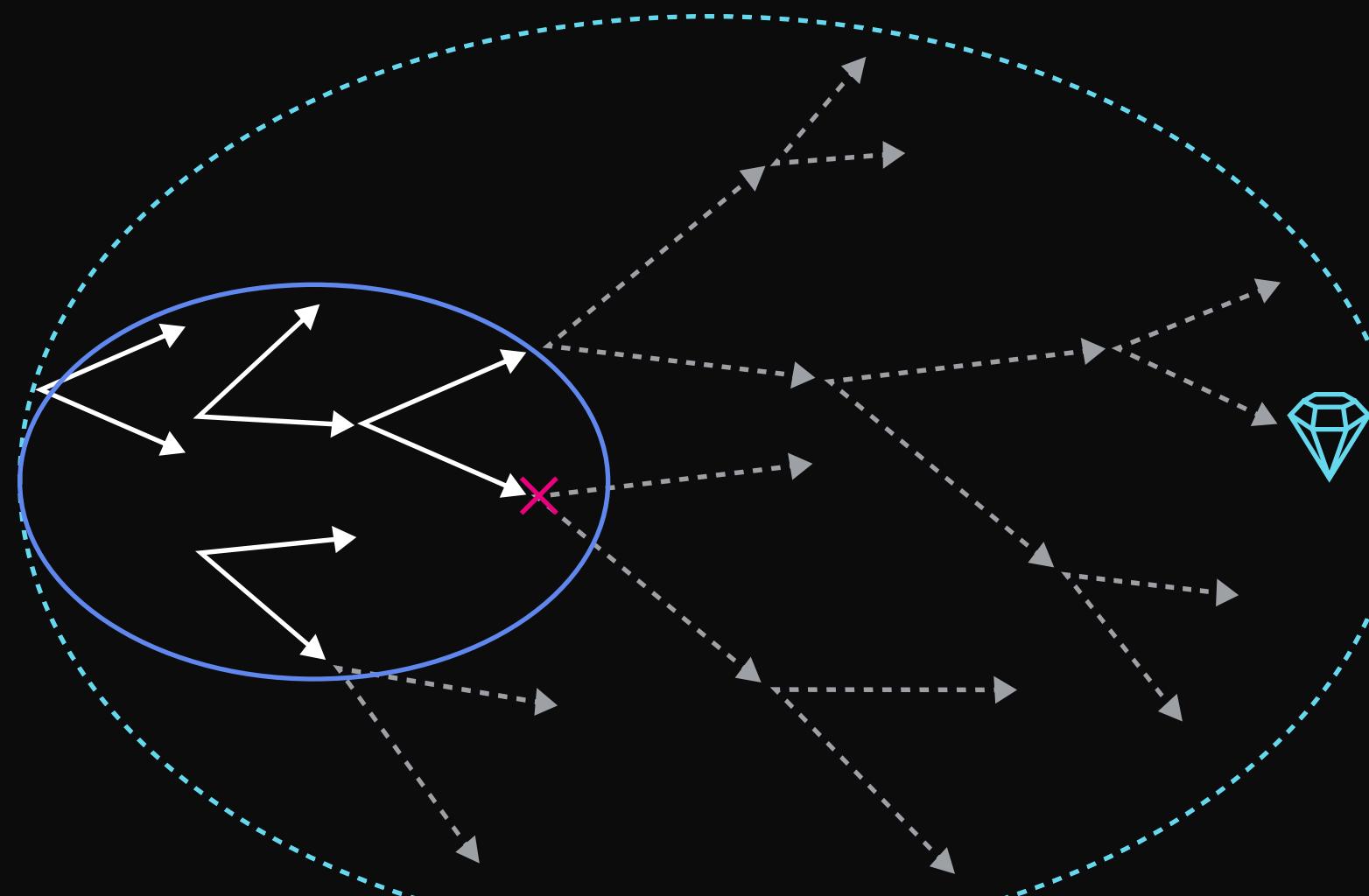


Instead of a narrowly defined goal like "becoming a therapist," aim for "ending mental health stigma," which can be fulfilled in various ways – speaking, teaching, writing.



STEP 2: Expand Your Possibility Space

Your possibility space determines what you see as worth pursuing and the actions that follow. A wide possibility space reveals paths to success that others might miss entirely.



Your possibility space holds all potential paths your life could take – careers, relationships, skills, and experiences.

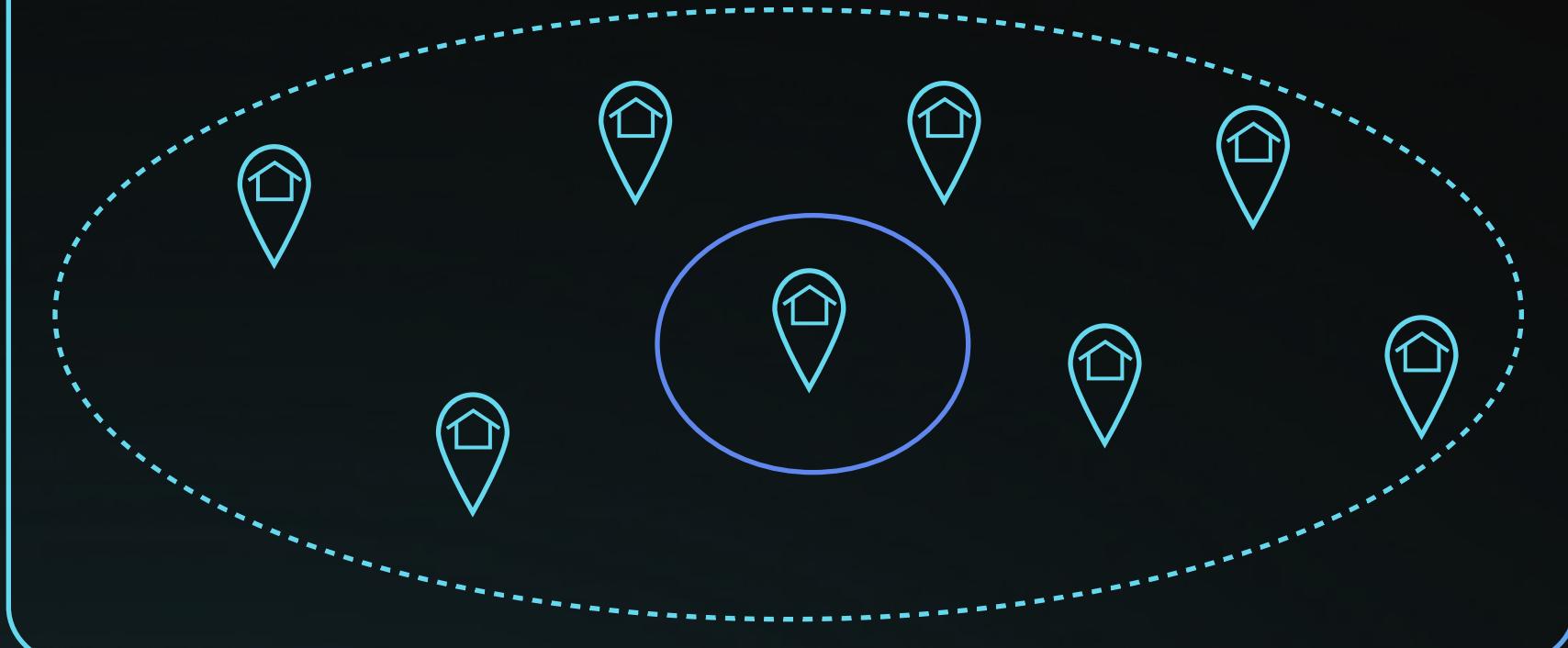
Many people unknowingly shrink their lives to lower standards because they haven't consciously chosen to expand their possibility space.

EXAMPLE:

Joey wants to own a salad bar that just makes ends meet. He succeeds at this.



However with an expanded possibility space Joey could have created a franchisable salad bar chain that helped end metabolic disease by promoting clean eating. With this bigger thinking, he succeeds at this as well, and more.

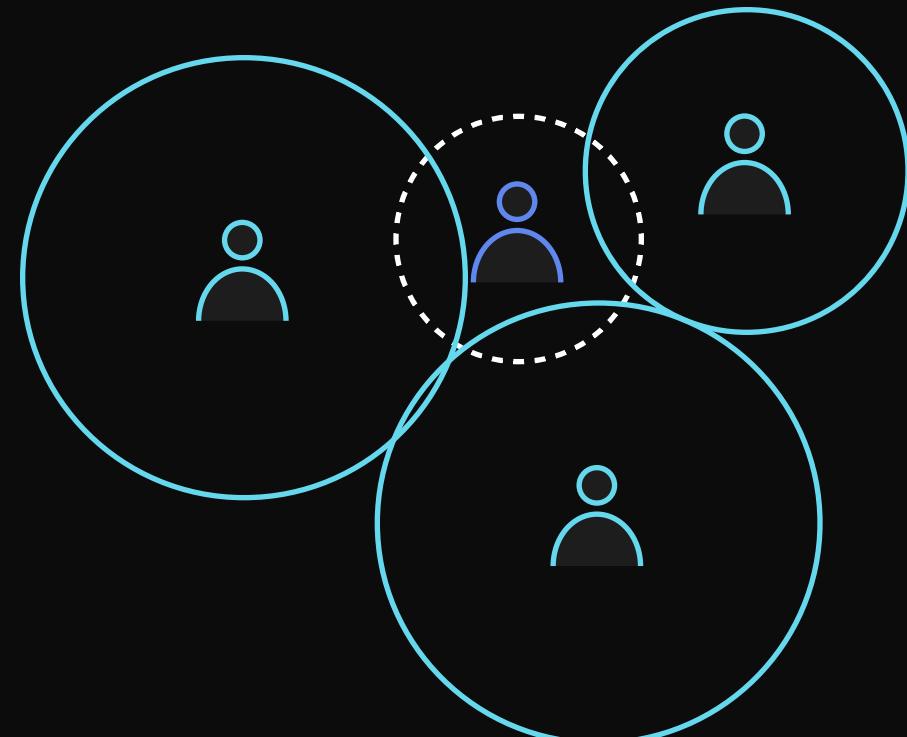




3 Ways To Expand Your Possibility Space

01

BELIEF CONTAGION



Action: Surround yourself with people who have a larger possibility space. Their beliefs and actions will influence and expand your own.

02

GOAL ATTAINMENT AND SELF-EFFICACY

Build Confidence by setting and achieving smaller goals.



Each success will expand your belief in your ability to achieve bigger goals.

03

BRUTE FORCE BIG THINKING



Challenge yourself with questions like "What would 100X this goal look like?" or "What would I attempt if I knew I couldn't fail?" Write down these ideas and explore them.

Imagine setting goals assuming unlimited resources and time. How would you plan differently?



STEP 3: Reverse Engineer Your Goal Stack

01 SET THE HIGH HARD GOAL

→ Set Ambitious, long-term objectives that take 1-5 years to achieve that will push you to the edge of your abilities.

Example: Build a climate tech company with a valuation of \$1 billion within five years.

02 SEGMENT INTO ANNUAL, QUARTERLY, MONTHLY AND WEEKLY GOALS

Ensure trackable progress. Each goal builds upon the previous one, creating a logical progression towards the ultimate goal.

EXAMPLE:

High Hard Goal: Build a billion-dollar climate tech company.

→ **Annual Goals:**
Year 1: Validate problem and solution, develop prototype, secure initial funding.
Year 2: Build the team, refine product, establish partnerships.
Year 3: Scale the business, secure significant funding.
Year 4: Achieve market leadership, expand offerings.
Year 5: Reach unicorn status, prepare for exit.

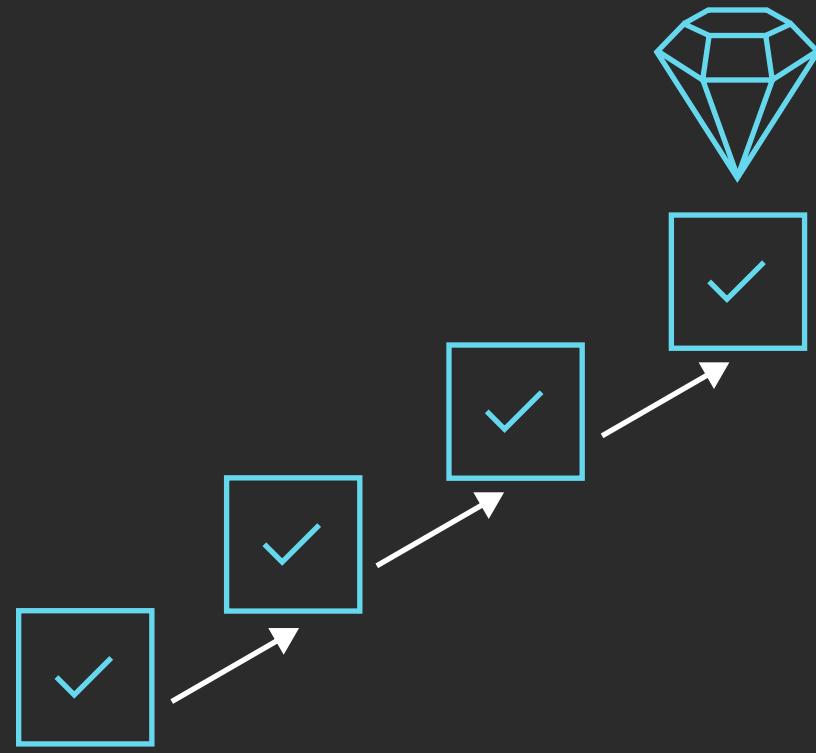
→ **Quarterly Goals for Year 1:**
Q1: Conduct market research, identify target market, define the problem.
Q2: Develop prototype, gather user feedback.
Q3: Refine prototype, prepare pitch for fundraising.
Q4: Secure initial funding, prepare for product launch.

→ **Monthly Goals for Q1:**
Month 1: Identify target market, conduct 40 customer interviews.
Month 2: Analyze interview data, define clear problem statement.
Month 3: Ideate potential solutions, craft unique value proposition.

→ **Weekly Goals for Month 1:**
Week 1: Create customer interview script, identify 50 potential interviewees.
Week 2: Conduct 10 interviews, document insights.
Week 3: Conduct 10 more interviews, start organizing data.
Week 4: Complete data analysis, summarize key findings.



STEP 4: Daily Goal Directed Actions



Goal directed actions are tasks that align with your weekly goals and get you directly closer to achieving your high hard goal. These tasks differ from the fake productivity you feel when you mindlessly check email or drift between half-finished tasks on side projects.

You want to be a missile locked in on a target every day. Not a pinball machine that feels busy but never really gets anything done.

To ensure success as you travel up your goal stack:

01

SEPARATE PLANNING FROM DOING

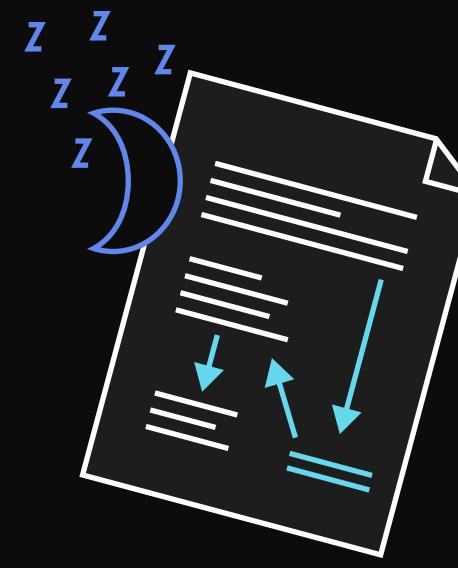


Daniel Kahneman's dual-process theory suggests separating planning (System 2 thinking) from doing (System 1 thinking) allows each system to function optimally.

Action: Spend the last 10 minutes of your workday planning the next day's goal-directed actions. This ensures you are always working on the most important tasks and prevents wasting time on thinking about what to do during your workday.

02

HAVE A NIGHTLY POWER-DOWN RITUAL



→ Review your goal stack and ensure your upcoming daily tasks are aligned with your high hard goals.

→ Identify and plan the most critical goal-directed actions for the next day. No more than three a day.

→ Set Clear Goals - break down specific, actionable sub-steps for each goal directed task to provide a clear direction and eliminate ambiguity. This will provide a roadmap for the next day and help you enter a flow state more easily.

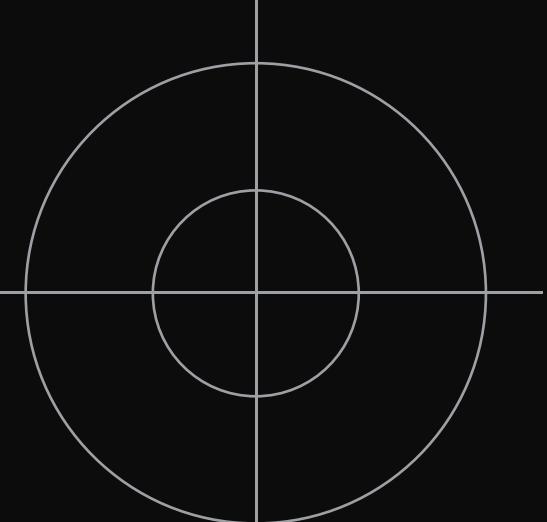
Example:

Breaking down a task like "finish presentation" into "write introduction," "add client data," and "design graphics."

→ First Step of the First Step: Take the first step of the first clear goal. For example, if your goal is to write a presentation, the first step might be opening a word processor and titling the document the night before. This allows you to seamlessly transition into your goal directed action as soon as you wake.



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