

Gratification Goal Setting

If you truly want to inspire yourself, your ex, and everyone around you, then use your time alone after the breakup to hone in on your existing skills, or develop new ones. Focusing on gratifications isn't always easy, but it's worth it. Rate the impact a gratification would have once you would hone in on it frequently. Rewards come in many forms. Passion. Fun. Social status. Pride. Self-Love.

In short, which gratifications turn you into a man that you can be proud of? Pick a gratification to embody as a new part of your identity and transform yourself into that man. Go easy on yourself and don't pick a gratification with the lowest reward score, but the highest difficulty level. **Get in some wins to build up momentum!**

Gratification & Reward	Difficulty 1 = Lowest Difficulty 10 = Highest Difficulty	Reward 1 = Lowest Reward 10 = Highest Reward

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<p>Becoming a runner, running a marathon</p> <p>I will lose weight and look more athletic. I might make new friends</p>	3	7
<p>Learn fingerstyle chucking, post YouTube music covers for Jason Mraz songs</p> <p>I'll increase my social status and will be able to monetize my guitar skills</p>	10	3
<p>Start selling my own coffee grind at Salcedo market, establish my own brand</p> <p>I'll be able to quit my job once I turn my hobby into a business</p>	7	10
<p>Learn Japanese and publish some basic Japanese blog posts</p> <p>I'll make more friends and can go to more places without feeling lost.</p>	9	9