

# THE GOAL STANDARD CHALLENGE

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VIDEO 4: 'THE FIGHT CONT'D' -  
FIND YOUR FLOW  
PRESENTED BY:

# Entrepreneur

AND



TODD HERMAN

High Difficulty

Low Skills Needed

**BURNOUT**  
(It's a big challenge & struggling to cope.)

- 3 Shifts:
1. Reduce goals/projects.
  2. Hire/Outsource.
  3. Take a break.

**FLOW**  
(Skills are required & feel challenged to do it.)

High Skills Needed

**APATHY**  
(Skills aren't required but working below capacity.)

- 3 Shifts:
1. Get a bigger goal.
  2. Change environment.
  3. Get a mentor.

**BOREOUT**  
(Skills are required but feeling less challenged.)

- 3 Shifts:
1. Get a bigger goal.
  2. Get around peers.
  3. Develop a new skill.

Low Difficulty

# FIND YOUR FLOW

Have you chosen something that is WAY beyond your resources, skills & abilities right now? If so, what can you do to shrink it down to size & re-motivate you?

Have you chosen something that is BELOW your resources, skills & abilities right now? If so, what can you do to add some challenge to it?

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