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GPS FRAMEWORK

(Goal • Plan • System)

This framework helps people clarify what they want, how they will get it, and how they will stick to their plan without getting overwhelmed. It's inspired by Ali Abdaal's productivity teachings on goal setting and execution



EXERCISE #1



What is the GPS Method?

GPS stands for:

G — Goal

Where do you want to go?

P — Plan

What major steps will get you there?

S — System

How you do it consistently



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EXERCISE #2

GOAL — Direction

This is not about perfection.
It's about direction, not destination.

In 2-3 years, I want my life/work to look like:

Type here...

One thing I want to be known for:

Type here...



EXERCISE #3



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PLAN (The Path)

Your plan is what you'll do, not everything you'll do.
Good plans are:

- Simple
- Realistic
- Flexible

List 3 key actions that move you closer to your goal:

Type your answer here...

-
-
-



EXERCISE #4



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Systems (Consistency)

Systems turn plans into habits.

One small action I can do weekly:

Type here.....

Tool or habit that supports me (AI, calendar, checklist):

Type here.....

When & where I'll do it:

Type here.....





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EXERCISE #5

GPS Alignment Check

Now connect everything
If it feels hard → simplify the plan, not the goal.

My Goal is supported by this Plan:

Type here...

My System helps me execute my plan by:

Type here...



EXERCISE #6



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14-Day GPS Experiment

Instead of committing forever, test for 14 days.

Examples:

- Publish one post weekly
- Practice one AI tool daily
- Write for 10 minutes every morning

Experiment → Learn → Adjust

I commit to:

Type your answer here...





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Reflection & Learning

After 14 days, reflect:

What worked?

Type here.....

What didn't?

Type here.....

What felt easy?

Type here.....

What should I tweak?

Type here.....



**YOU DON'T NEED THE PERFECT PLAN.
YOU NEED A CLEAR GOAL, A SIMPLE PLAN, AND A STRONG SYSTEM.**



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