

This week we're going to be talking about The Gap.

This is a concept I first learned from Dan Sullivan from Strategic Coach and it helped me so much to reverse engineer my goals.

The Gap refers to the mental space between our current achievements and our future goals.

So instead of measuring progress based on what's been accomplished, many people measure themselves against their ideals, which can be demotivating.

Here are some key points about "The Gap" and how to navigate it:

First, let's understand "The Gap":

- 1. Comparison with Ideals:** "The Gap" is the space where people measure their current achievements against their future ideals, rather than recognizing the progress they've made from their starting point.

2. **Feeling of Inadequacy:** Being in "The Gap" can lead to feelings of never doing enough or not being good enough, as the focus is on what hasn't been achieved rather than what has.

3. **Endless Horizon:** Ideals, by nature, keep moving further away as we progress, making it impossible to reach them. When we measure against them, we're always in "The Gap".

Navigating "The Gap":

1. **Measure Backward:** Instead of looking at the distance to your ideals, measure progress against where you started. This provides a realistic perspective on growth and achievements.

2. **Acknowledge Progress:** Celebrate the milestones and achievements, no matter how small. Recognizing progress can be motivating.

3. **Set Realistic Expectations:** While it's essential to have big goals, break them down into smaller, achievable steps to avoid feeling overwhelmed.

4. **Stay Present:** Focus on the present moment and the actions you can take now. This prevents getting lost in the vastness of "The Gap".

5. **Seek Feedback:** Engage with mentors or coaches who can provide an outside perspective on your progress and guide you out of "The Gap".

6. **Reframe Your Thinking:** Instead of seeing the journey as a linear path to an ideal, view it as a cycle of continuous growth, where each achievement sets the stage for the next challenge.

7. **Maintain a Growth Mindset:** Embrace challenges, persist in the face of setbacks, see effort as a path to mastery, and learn from criticism. This mindset can help in navigating "The Gap" effectively.

In essence, while "The Gap" represents the difference between our current state and our ideals, the key to navigating it lies in shifting our perspective: from what we haven't achieved to appreciating and building on what we have.