

Destination Goals vs. Journey Goals

A Reference Guide from Husband Help Haven | Episode 32: Charting a Course for Your Life

THE KEY INSIGHT

Most men are decent at setting destination goals — where they want to go. Almost nobody sets journey goals — present-tense statements about who they want to be along the way. Without both, you're either coasting or grinding, and neither one moves you forward with intention.

THE “PASSIVELY DECENT” HUSBAND TRAP

- Checking boxes (“never cheated, never hit her”) is the bare minimum — not the bar for a thriving marriage
- Without intentional goals, you drift into passive decency: life is fine-ish until crisis flips the lens
- Worst case: you fall into egocentric living without realizing it — high expectations for her, low for yourself
- The common thread is absence of intentionality, not absence of effort

TWO TYPES OF GOALS YOU NEED

- **Destination goals:** Where you're trying to go. The milestones and accomplishments. Most men are good at these
- **Journey goals:** Who you want to be as you get there. Present-tense statements about what life feels like in each area — today, not someday
- **Write by life area:** Faith, work, marriage, family, health, mind/time — or define your own categories
- **Keep it simple:** 2–3 present-tense statements per area. Not a manifesto. Just enough that you know it and can hold yourself to it

“These are not future fantasies. This is who I want to be today.”

HOW TO BUILD YOUR VISION

- **Pick your tool:** Notion, Trello, pen and paper, phone notes — it doesn't matter. The important thing is you can reference it regularly (weekly ideal, monthly minimum)
- **Start with the journey goal.** Before setting big destination goals, define who you want to be. That's the constant. It's your plumb line
- **Then layer in:** Dream milestone → quarterly goal → routines and habits that support it
- **Tick these boxes:** Clarity (I've thought about it) → Articulation (I can explain it) → Accountability (I hold myself to it) → Proactivity (I don't wait for crisis to care)

IF YOU'RE IN SEPARATION

- Set goals you can accomplish **no matter how this goes**. Ask: “Who do I want to be as I go through this?”
- Hold a marriage vision loosely — be ready to share it if the moment comes, but don't force it
- Default: **let your walk do the talking**. Prove it with actions until she's inquisitive on her own. Then have an answer

WHY THIS MATTERS

The men who build something worth coming back to aren't the ones with the best plans. They're the ones who defined who they wanted to be and refused to wait for crisis to care about it. A journey goal is your plumb line — the thing that pulls you back to center and reminds you who you're becoming and why.

RESOURCES

Husband Help Group — If you need accountability and support to keep these goals front of mind, HHG is built for exactly that. Monthly group teachings, a mobile app, and other men who get it.

Join at: husbandhelphaven.com/group