

Nonstriving Vs. Striving When Pursuing Goals

Striving	Nonstriving
So focused on a goal that they lose sight of the present moment	Pursuing a goal but engaged in the present as well
Working hard toward a goal but only wanting good feedback or results	Working hard toward a goal but open to both good and bad feedback or results
Wanting desperately for something to happen	Pursuing a goal with calmness and openness
Demanding just one outcome	Being open to many outcomes
Approaching a problem rigidly and inflexibly	Moving toward a goal in different ways, depending on circumstance