

Download I Am A Goal Setter (book

If you love setting goals for yourself and need some personal goal examples, this list is full of ideas to help nourish your mind, body, and soul! Parenting tips that teach kids to set resolutions and make them stick so they succeed! Do you know that goal-setting is one of the most highly correlated traits of peak performers and successful individuals? But goal-setting isn't just for grown-ups. Yes, yes, YES! "avoid focusing on too many goal at once." Excellent advice, and far too often overlooked. Picking just one or two things at a time aids true progress, rather than the feeling of being overwhelmed. Why set goals. The 9 surprising benefits you didn't know about