



# **Goal setting workbook - How to set goals and objectives effectively to achieve personal goals, 2 bonuses included : goal setting worksheet and goal setting quotes (a Pain Free Book Process)**

*Mike C. Adams*

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Are you able to go about setting goals successfully? So many people struggle with learning how to set goals and objectives. They just need a few good personal goals to motivate them into taking action. Goal setting should not be a big deal if you learn from smart goals examples. This book offers a sort of goal setting template in the form of 16 qualities you need to succeed with your goals, learning why people fail at setting goals with a look at failing at a goal setting theory, and 10 tips to setting goals. Each section is meant to be thought provoking with goal setting quotes to help you along the way in learning how to achieve goals.

After reading this book, the reader will be equipped mentally to set goals and to be on the path in achieving the set goals. By putting the suggestions into practice, you will be able to reach your goals successfully and with confidence. Even failure is looked at as a positive thing, a chance to learn a lesson and an opportunity to boost your skills by learning how to succeed the next time. You will find it is an easy process once you put it into practice.

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