



How Not to Give Up: A Motivational & Inspirational Guide to Goal Setting and Achieving your Dreams (Inspirational Books Series) (Volume 1)

By R L Adams

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- The meaning of goals and what we attribute to them that can shape and define how actively we pursue them.
- How to find a strong enough reason why you want to achieve your goals and how this can have a profound impact on not giving up.
- How to identify limiting behaviors and how to eradicate them from your life. .
- Goal setting workshop to setting your goals using the principles of this guide.
- How to identify and eliminate the 10 different stressors in our lives.
- The five steps to taking massive action and what you can do right now to start in the pursuit of any of your hopes and dreams.
- The four magical ingredients to achieving your goals.
- How to mirror success to find and copy those who have succeeded that have come before you..
- and more....

After you buy this book and read it you'll realize the power and potential for your success through the simple act of goal setting..

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