



Limitless Health: Goal Setting Workbook (Paperback)

By Lauren Denos

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Large Print, Workbook. Language: English . Brand New Book ***** Print on Demand *****.Why should you set goals? As Earl Nightingale said People with goals succeed because they know where they are going. If you do not give yourself a road map, you will have no idea what direction you would like to go in. As a result you will still go somewhere but it will be random, and possibly not a place you want to be. Too many people leave their future up to chance. They wander aimlessly, and that is no way to ensure an amazing life. Goal setting is a powerful tool that can change your life. It is your why, your reason to stay on your path, even when you are faced with seemingly insurmountable obstacles. This workbook goes over 13 crucial steps to help you identify your overall goals, and then create the health goals that correlate to the wonderful life you would like to live. It also helps you with all the motivation and details that go along with goal setting to make it effective. In this workbook you will also learn to...



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