



Goals Journal (100 Goals)

By Sandra Graves

Rory Media, United States, 2014. Paperback. Book Condition: New. 235 x 190 mm. Language: English . Brand New Book ***** Print on Demand *****.Goals are the cornerstone of success. A well-defined goal is the most important prerequisite for progress in life. Research shows that setting measurable goals and evaluating your performance on a regular basis leads to highly effective results. Experts suggest maintaining a journal, such as the Goals Journal (100 Goals), and recording your daily progress. Using your own Goals Journal to record your goals offers many benefits. It defines your goals clearly When you write down your goals, your focus becomes clearer. You can also set realistic deadlines for yourself once you have put everything on paper. It helps you measure your performance Noting down achievements and then assessing your progress on a weekly basis will help you recognize your weaker areas so that you can work on them. It motivates you in the future Even after you ve achieved your goals, there might be a time in the future when you lose motivation to work harder. In such times, it helps to read through your Goals Journal and see how you managed to achieve satisfactory success in...

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