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# Goal Setting: Reach Goals Fast: The Ultimate Guide To Goal Setting - The Most Effective Way To Reach Goals Fast (Goal Setting, Motivation, Action Plan, ... Goals, Success, Self-Discipline, Organized)

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## The Ultimate Guide *To* GOAL SETTING



*The Most Effective Way To Reach Goals Fast*

SUSIE VAN BERGEN



## Synopsis

Use This Powerful Step-By-Step Goal Setting Method to Set Your Goals And Achieve Them Successfully! Many of us feel aimlessly adrift. We work hard every day but never seem to achieve anything worthwhile. Part of the reason most of us feel this is because we fail to take time to evaluate what we truly want from life, and because we do not consider our true desires, we never set goals aimed at achieving those desires. If you fail to outline what you want out of life and fail to map out your destination, you will aimlessly skirt around from one place onto the next place like a hobo without a will. Therefore you **MUST** map out your life as much as you can. The best way to do this, and actualize your desires is to set Goals. Successful business people, top-level athletes, and all high-achievers set goals. Although most of us know the power of setting goals, very few of us actually take the time to write down our goals. Research shows that people who write down their goals have over an 80% higher success rate of achieving them. Goal setting is the process of intensely thinking of your ideal future and creating an actionable plan that materializes that future. Goal setting motivates you to turn your vision into reality. It helps you determine what you want from life, as well as where to concentrate your efforts as you go about achieving your dreams and the life you desire. Therefore, goal setting helps you gain focus, and know your strengths and weaknesses. When you set goals in the right way, you quickly spot any distractions that may derail the achievement of your goal, which allows you a chance to take precautionary measures against distractions. First, it's crucially important that you understand **WHY** you need to set goals before you learn **HOW** to set them effectively. Susie Van Bergen highlights six essential reasons in this book, which explains the value of active goal setting. Here Is A Preview Of What You Will Learn: How to set powerful goals The importance of planning How to create a SMART goal Discover fundamental Goal Setting strategies How to track your goals Tips and tricks that have worked for so many successful people! This guide will help you to set up your goals step-by-step in a way that it becomes easy for you to take the necessary action to successfully reach your goals fast! Take your first step of action **TODAY** to making your dream life a reality and get this Kindle book! **DOWNLOAD NOW: The Ultimate Guide To Goal Setting - The Most Effective Way To Reach Goals Fast**

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## Customer Reviews

Having a vision, a dream, a goal, motivation for the next day or the upcoming days is the most important thing for a person to achieve success. People without a goal, suffers from confusion, failure and depression. I've seen many successful people having a vision board that gets them inspired and energized seeing the goals written. It can be everyday goals, weekly goals, monthly or yearly goals! I like to travel and that's my passion. I've always wanted to see and explore the world. That is my goal. But, reading this book made me realize that I'm not making an effort for my travel plans like saving money, preparing etc. I've created a vision board with the world map. And pinned the countries I want to visit red. Pinned the visited countries green! The most challenging goal of mine is losing weight and getting fit. I've planned to create a short term goal for 6 months like author explained. I will write my goals and use a journal to update it regularly. Loved these tips by Susie Van Bergen. This book has definitely motivated me to motivate my goals! Recommended :)

Book was a good read, like the information pertaining to goal setting. It is definitely true, having goals is a must. Enforcing self-belief is true in goal setting. Especially everytime you get something done you will feel more and more the power of goal setting and more likely to get more done and keep adding to your list of achievements. I believe strongly in the words mention in this book. you have to have goals, it will definitely keep you motivated and keep you going, "rocket fueling your life" like the book says. From setting goals, to using the SMART acronym goal attainment and

measuring system, priorities, systems, rewards. A lot of things can be learned from this book when reading. Especially for those who really want to start a new goal setting habit and need a quick insight on how to start how to outline and what direction to head into. It is relatively simple to do, I can see many people stumbling and stopping short when it actually comes time to committing to these goals, I know it may seem tough but 21 days usually sets in a habit, it can be a little shorter or a lot longer for some people, you just have to find what's best for you. All in all a good book to have and I definitely recommend to those starting out.

This elegantly composed and clear guide is a significant instrument that anybody can utilize. I would prescribe it to any individual who needs course and inspiration on the most proficient method to make and meet solid objectives. The significance of the theme will effectively apply to the understudy, working grown-up, or retiree. This book truly helped me with my month to month objectives report and how to precisely and effectively achieve the objectives I set. This book offers fantastically viable strides to making sense of what you truly need and setting objectives to take control of your life and achieve the future you need and merit.

This is a great little book and is exactly what I was looking for. The information presented is clear, concise, yet comprehensive. It is filled with practical advice on how to make your dreams a reality and inspires you to take action! The book outlines the different types of goals there are, such as lifetime, long-term, and short term goals and gives great insight on how to organize and prioritize them all. The book also discusses S.M.A.R.T. goal setting and offers invaluable tips on how to stay motivated as you strive to reach your goals. This book can be read in under an hour but it is highly motivational and provides a clear road map to success. I am excited to practice the methods that are outlined in this inspiring little gem!

I'm a kind of person that doesn't really set goals every day or a to do list. Sometimes I feel like I don't know what I really want and I want to change it now and make some goals. And reading this book helps me a lot especially on how to set goals, strategies to achieve it and useful tips. And everything I have learned from here I will surely apply it step by step one day at a time to reach and achieve my goals.

With so much going on around us in these modern times, it becomes harder and harder to focus on something and establish the goals we really mean to pursue. Setting a goal will give us a

perspective to achieve along with the accountability for our actions. If you have trouble in setting and focusing on your own goals, I recommend you this book.

I absolutely love the quote that this book starts out with, not only is it beautiful but it sums up the incredible value of this book so well: : "If you don't know where you're going, any road will get you there." I believe strongly in the power of goals. As this book relates, those who write down their goals are significantly more likely to accomplish their dreams and achieve their desires. I like that this book guides you through not only why, but exactly how to create your goals and how to stick with them. I think this book is a really invaluable tool for anyone trying to accomplish anything in their life. Definitely recommended.

This well-written and clear guide is a valuable tool that anyone can use. I would recommend it to anyone who needs direction and motivation on how to create and meet healthy goals. The importance of the topic will easily apply to the student, working adult, or retiree. It could also be used as an educational resource for people in mental illness recovery. The options are limitless!

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