

# GOAL PLANNING STRATEGIES *THAT TRULY WORK*



**HOW TO REACH  
ANY GOAL YOU WISH!**

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# Foreword

What are a few of your greatest goals in life? To slim down? To take in more revenue? To be in your dream vocation? To assemble your own business? Would you love to live in abundance? To be in the best health? To find your life mate? To have a loving household? For any of these goals, have you ever experienced the resolve to accomplish it, commit resources toward it, work at it for an long time period, only to have it flop finally?

Suppose you've a goal to slim down and you decide to cast off 30 lbs. You begin great, cutting back the amount of food you consume. You likewise begin a workout regimen. Daily, you assess your weight to track your advancement. Inside the first few days, you begin realizing a decrease in your weight. Jubilant, you carry on what you've been doing, but it appears that your activities have lost their effectiveness as your weight loss has stopped. If anything, it appears to be increasing somewhat compared to your lowest weigh-in.

You get disheartened. You begin to free and overeat, reconciling that it's never possible for you to accomplish the goal as it's in your genes or you simply don't have the self-control. You start to lie to rest the whole whim of weight loss. Predictably, you begin to acquire back all the weight you shed and more. This makes you even more downhearted and you begin consuming still more. At some stage down the road, you get another urge to slim down. You start up the goal pursuit once more, more determined than ever. Nevertheless, past events duplicate themselves and soon you're back where you began, if not in a sorrier place.

Does this blueprint of behavior go for to any of the goals you've determined to achieve previously? Being intertwined in a ceaseless cycle of setting the goal and attempting to accomplish it, but never quite reaching it? At this point in time, you feel heartsick. You reconcile that you're not meant to accomplish this goal and choose to center your energy on something else... Well help is here.



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