

9 Steps to Effective Goal Setting



Believe in the process



Make a timeline - and stick to it!



Write it down



Remain accountable



Set goals that are specific



Don't be afraid to ask for help



Set measurable goals



Assess your progress



Set attainable goals



The College for
Adult Learning

Effective Goal Setting Libby Holmes

Marco Cascella



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Forest and Stream ,1904 Congressional Record United States. Congress,1961 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873 *Imagine* Lydia Ievleva,2013-08-05 Much of how we think feel and behave is dictated by the images of our mind *Imagine* is one of the first books on the market to provide a practical and comprehensive guide to understanding and using the power of positive mental imagery to help people achieve goals and reach their full potential Dr Lydia Ievleva has extensive experience incorporating the application of mental imagery into her work with a wide range of clients including athletes business and health professionals Drawing from her broad experience in Health Sport and Performance Psychology and Positive Psychology she has effectively used the techniques to facilitate change She says You can think of imagery like a screenplay you can allow life to play you or you can take a more active role in your destiny Actively and consciously creating your inner scripts by engaging in positive mental imagery will enhance your chances of reaching your full potential overcoming obstacles and flourishing *Imagine* provides a combination of information and research and practical scripts and guides to show people how to achieve their goals eliminate obstacles and create their best self Featuring numerous case examples it is a practical and accessible book that will appeal to anyone wanting to accelerate change and improve their lives **Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office,1972
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