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Game Plan: Achieve Your Goals in Life, Career, and Business: Goal Strategy Playbook

Ciara Pressler

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Game Plan: Goal Strategy Playbook is the digital companion to the Game Plan print edition workbook, giving you on-the-go inspiration for your personal and professional goals. Featuring three brand-new Strategy chapters, this ebook edition explains the importance of goal visualization, quality over quantity, and expanding your circle of mentors.

Game Plan outlines practical success principles and a specific framework to help you discover your true goals, develop a specific action plan, and overcome your obstacles. Distilling wisdom gained from over a decade working with entrepreneurs and creative professionals, Ciara Pressler reveals tried and tested methods for creating and achieving fulfilling, effective goals.

In a refreshing departure from simplistic “Dream it and do it!” goal-setting sentiments, Game Plan goes beyond motivation to introduces an insightful approach to goal achievement, including:

- SOLUTIONS: Why most resolutions fail and what to do about it
- GOALS: Shunning cultural “shoulds” to identify what you really want right now
- ACTION: Identifying potential obstacles and a personal strategy to overcome getting stuck
- MOMENTUM: Maximizing your time, energy, resources, and work with coaches or consultants
- MOTIVATION: Why chasing happiness undermines goal fulfillment – and a fulfilling life

Game Plan is formatted for quick reference as well as in-depth goal analysis, including Goal Strategy micro-chapters and how to approach Personal, Career, and Project/Business goals.

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Lorraine Joyner:

A lot of people always spent their particular free time to vacation or perhaps go to the outside with them family members or their friend. Do you realize? Many a lot of people spent they free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read a book. It is really fun in your case. If you enjoy the book which you read you can spent all day every day to reading a guide. The book Game Plan: Achieve Your Goals in Life, Career, and Business: Goal Strategy Playbook it is very good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. If you did not have enough space to create this book you can buy often the e-book. You can m0ore simply to read this book from your smart phone. The price is not to cover but this book offers high quality.

Cheryl Saldana:

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