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Resolutions That Stick! How 12 Habits Can Transform Your New Year (English Edition)



Par S.J. Scott
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Description :

Prsentation de l'diteurDISCOVER:: How to Make New Year's Resolutions That Actually Stick!Tell me if this sounds familiar: "The Ball" is about to drop on New Year's Eve. 2016 promises a brand new year, full of potential and infinite possibilities. So you make a list of the ways that this year will be different. Then what happens? Usually by late January you've already given up on your goals and moved on to something else. The question is:"Why do people fail with their New Year's resolutions?"The problem stems from what you expect to happen over the next 12 months. Instead of trying to make a gradual change, it's easy to approach the New Year with an "all or nothing" mindset. You want things to happen, so you create a series of lofty goals that can't possibly be achieved in a short amount of time. And ultimately this leads to failure. The Secret to a Successful New Year's Resolution?Is there a "secret" to making 2016 the best year ever?The answer is simple: Focus on one major goal (or a few) for the next year and then develop a series of habits

that works towards achieving it. Instead of trying to change your entire life in January, the simpler strategy is to adopt a 12-month plan where you're making constant improvements. You'll still get to set fun goals for the next year, but with the following plan you'll succeed because you're simply focusing on making one positive change at a time. If you're about to start 2016 and want to actually make a change in your life, "Resolutions That Stick!" will help you turn any major goal into a concrete, achievable plan. **DOWNLOAD:: Resolutions That Stick! How 12 Habits Can Transform Your New Year**"Resolutions That Stick!" contains a yearlong blueprint of how to target a major goal, create resolutions around it and achieve it in a systematic manner.

Inside you'll discover: 16 reasons why New Year's resolutions never work 8 Steps for sticking to a New Year's resolution How S.M.A.R.T. goals result in smart resolutions The top 12 New Year's Resolutions A yearlong plan for implementing EACH type of resolution: Improving fitness, eliminating addictions (like smoking), building relationships, losing weight and advancing your career. How to turn your resolutions in an actionable plan. You can make 2016 the best year ever. All you need to do is develop 12 habits that will move you towards achieving a major goal. Would You Like To Know More? Download today and start creating resolutions that stick! Scroll to the top of the page and select the buy button. Prsentation de l'diteur

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