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Reviews

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(Dorothy Daugherty)

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Little Ebi Publishing, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.When you are trying to reach a goal, whether it be setting up your own business or trying to reach a healthy weight, it makes life easier if you break things down into bite sized chunks and work on steps that will really move you forward, instead of wasting your time on busy work AKA procrastination. This book is perfect for you if you know what your goal is and you are prepared to work towards it little by little everyday. You know what you want, you just need some help getting there. + Easy to fill in with simple prompts + Adaptable to any goal + No start date, you start the day you get it + Free Audio available for deeper insights to the sections of the book + Monthly month tracking + Money goal countdown + Daily brain dump + Time for gratitude + Record your affirmation or mantra for the day + 60 days worth of journaling, perfect to make it a habit This journal was originally designed for my Secrets Of A Rock Star Mom clients as a way for them to stay accountable every day, to move them forward and get them reaching their goals quickly. After seeing the success with my clients I decided to release it so that everyone can take advantage and more people can be reaching their goals too. This is not a dated journal, it is a 60 day tracking plan, so you add your own dates when you start. Every 30 days you get a new money tracking sheet, most people like to start off at the start of the month but if you are...

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