

Getting *Started* Staying

The Power of
JOURNAL-WRITING
to fuel enthusiasm,
and create long-lasting
habits.

PERFECT TIMING
to prepare for
2014
New Year's Resolutions!



This 3-Week Course Will Help You:

- * **Set (and Keep) New Goals ***
- * **Build Time Into Your Routine To Plan Your Success ***
- * **Discover What Motivates You ***

When: Three Sunday Afternoons 4:30 - 5:30 PM
Starting December 1st, 2013

Where: Weekly Conference Calls (Webinar)

- Laziness is not the culprit! The reason we get complacent about resolutions is that we make them the same way as birthday wishes!
- Design your own unshakeable system to support your goals for when enthusiasm fades.
- Learn to set “internal alarms” to get you back on-track when you begin to stray off-course.

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