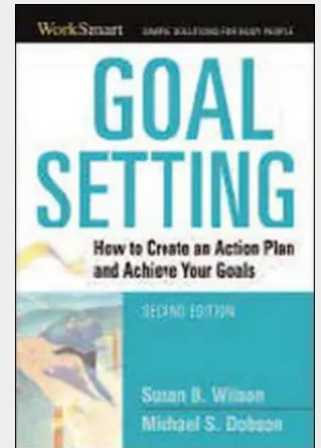


The Goal Setting

How to Create an Action Plan and Achieve Your Goals

Why is it that some people consistently seem to get more done than others? The answer is that they know how to set specific, achievable goals for themselves...and then follow through on them. This revised and updated edition of Goal Setting features worksheets, quizzes, and other practical tools, giving you powerful techniques you can use to set a goal, make a plan, and acquire the resources and power necessary to achieve your objective. The book shows you how to: act upon their objectives in a precise, targeted way; recognize obstacles and overcome them; become more assertive; change counterproductive behaviors; establish priorities; make the most of their time. Achieving goals takes hard work and discipline. This expanded edition of Goal Setting gives you the tools and techniques to accomplish anything.

Why is it that some people consistently seem to get more done than others? The answer is that they know how to set specific, achievable goals for themselves...and then follow through on them. This revised and updated edition of Goal Setting features worksheets, quizzes, and other practical tools, giving you powerful techniques you can use to set a goal, make a plan, and acquire the resources and power necessary to achieve your objective. The book shows you how to: act upon their objectives in a precise, targeted way; recognize obstacles and overcome them; become more assertive; change counterproductive behaviors; establish priorities; make the most of their time. Achieving goals takes hard work and discipline. This expanded edition of Goal Setting gives you the tools and techniques to accomplish anything.



14,30 €

14,30 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9780814401699

Medium: Buch

ISBN: 978-0-8144-0169-9

Verlag: AMACOM

Erscheinungstermin: 12.03.2008

Sprache(n): Englisch

Auflage: 2. Auflage 2008

Produktform: Kartoniert

Gewicht: 198 g

Seiten: 128

Format (B x H): 152 x 229 mm

