

Reaching Your Goals

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So not too long ago, you were all fired up and eager to move ahead on your New Year Resolutions. You put a lot of thought into your goals, got clear about the changes you wanted to make, conceived a genius plan that would undoubtedly change your life forever, and waited with bated breath for January 1st to arrive. When the clock struck midnight on December 31st, it was full steam ahead! You were off to a great start and confidently began taking the steps you knew would lead you directly to the life of your dreams! And then . . . maybe a couple of weeks later, maybe even a month later, you began losing steam.

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