

12 Step Goal Plan (WHY)

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You can apply it to any goal you have in life: be it your financial or career goals, or your family and relationships goals. You will find much more in Brians book. If you liked the step process, I strongly suggest you read the whole book.

5- Goals 12 Steps. The 12 Steps have a precise goal which is to produce an effective recovery from the disease of addiction. The diagram illustrated in this page, show how each Step provides us addicts in recovery with the tools necessary to stay clean and in daily recovery. Each of the Steps has a specific purpose.

Oct 04, Make your goals specific. When setting goals, they should answer the highly specific questions of who, what, where, when, and why. For each specific goal you make, you should ask yourself why it is a goal and how it helps your life goals%(). The 20/80 Rule says that the first 20% of time that you spend planning your goal and organizing your plan will be worth 80% of the time and effort required to achieve the goal. Plan each month at the beginning of the month.

Goal-Setting Guide. Step. Brian Tracy. 12 Step Goal-Setting Guide. 1. Decide exactly what you want in every key area of your life. Start off by Idealizing. Imagine that there tion of your goal. When you have a Goal and a Plan, you increase the likelihood of achieving your goals .

The 12 steps provide self-examination of an addiction in order to facilitate healing and recovery. The model provides support, encouragement and accountability for people who genuinely want to overcome their addiction and has helped countless people stay clean. Learn more about step . A goal setting plan creates a blueprint for your success. It turns your goal into systematic steps of action from beginning to end, with clear targets for each step. Whether you want to: achieve financial success, learn new skills or get a better job, become healthier or lose weight, or .

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