



Colección de Hábitos/ Cómo Establecer Metas SMART y Evitar la Procrastinación En 30 Fáciles Pasos (Spanish Edition)

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This two in one package, we will see two areas of collection habits: - set goals and how to avoid procrastination in trying to achieve your goals in life.

Have you noticed that some people seem to finish a lot of work in one day while others deal with one task? The difference is that people who are able to complete a lot of work know what is involved and know how to create an action plan to achieve whatever you want, whether you try to do in the course of a single day or something that is cumulative for the course of a lifetime. It has to do with setting and, more importantly, collecting habits goals. Essentially they have found a way to live their lives to help them be more productive and realize the things that are really important while others continue to struggle. People who discover the secret to accomplish this are able to live their dreams instead of fighting all alone for days trying to cope. The good news is that it's actually not that difficult. It simply requires that you learn how to make a list of tasks to perform each day and then put to work to achieve everything you have on your list. The most important thing is that you learn to do all this even when you're not motivated.

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Shane Webb:

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