



Primer (Paperback)

By Pushgo Tokyo

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. What do I want most? A question not easily answered. Nor does the answer stay the same. Primer's unique goal planning and monitoring system clarifies your dreams, even as they change over time. Change is okay. Some steps in life cannot be skipped in order to reach your destination. Morning Planning -Start your day with a 5 minute mental warmup -Release distractions onto paper, and turn the page Project Management -Track weekly personal and professional projects -Customizable bullet points -Grid space for mind-mapping Goal Planning and Monitoring -Revisit your primary short, medium, and long term goals each week -Maintain clarity of purpose -Simplify everything back to the easy tasks you can do today -Relieve anxiety from seemingly insurmountable goals Day in Review -Reflect on mistakes made, and put to paper how you'll do it better next time -Reinforce your daily victories no matter the size; take a moment to pat yourself on the back -Complete the day with genuine gratitude, as we should all make more time to be thankful Map your future. More information and views inside at //.



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