

Minding My Own Business: Note Book, Goals Lists (Paperback)

By MS Cathy Allseits

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This notebook is to help make a real change in a person s life. We need to set a goal each day and accomplish it (exercise, don t smoke, don t eat junk food, read a book instead of looking at an i-phone, talk to people instead of texting.ect.) After reaching the goals daily it becomes automatic and the goal is real. Each page has a place at the top to write in the day s goal and a place to check it off when it is complete. The rest of the page is for notes about what moved you during the day or plans for the future. Seeing the accomplishments daily, weekly, monthly is satisfying and fun! The note book is for all ages the young to learn early how to achieve goals and others to focus on their bucket list.





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Reviews

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-- Prof. Jean Dare

I just started off looking over this ebook. It is actually loaded with wisdom and knowledge Its been developed in an remarkably simple way in fact it is simply after i finished reading through this book where basically modified me, modify the way i believe.

-- Josie Koch IV

Relevant PDFs



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