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Constructive self-talk is what I call smart talk. Self-talk is the continual dialogue you have with yourself. It is also the raw material from which you manufacture your own self-image. Your subconscious believes what you tell yourself and then makes sure you act according to your beliefs.

Smart Talk - SelfGrowth.com

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How to reach your goals is something many of us have pondered, failed at, and then pondered again. That doesn't mean, however, that achieving your dreams is impossible. Or a perfect process. Ideally, you reach your goals every time, but sometimes life gets in the way of our productivity. And to be honest, sometimes we get in our own way.

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SMART is an effective tool that provides the clarity, focus and motivation you need to achieve your goals. It can also improve your ability to reach them by encouraging you to define your objectives and set a completion date. SMART goals are also easy to use by anyone, anywhere, without the need for specialist tools or training.

SMART Goals - Time Management Training From MindTools.com

This article will talk about why goals matter, what SMART goals are, and how they give you a clear, specific plan, whether they are personal or business, that work time and time again. ... Before you can begin achieving your goal, you need to create a list of steps you can take to make it happen.

What Are SMART Goals (And How to Use Them to Become ...

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2 quotes from Lou Tice: 'Life is about choices, and you have the ability to choose. You always have had this ability. I suggest that not only do you have the ability, you have the responsibility to make choices for yourself. It is your life, and you are in the driver's seat, if you choose to be.' and 'All meaningfull and lasting change starts from the inside'

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