

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Track Your Achievements to Ensure Your Success**

**By Josh Hinds**

**Track Your Achievements to Ensure Your Success by Josh Hinds**

I don't feel like I am making fast enough progress – I think this is a far more common feeling than most realize. It tends to stem from our being so 'forward thinking' with regards to our own goals. Please don't get me wrong. There's nothing wrong at all with having long-term goals, as long as we take the time to acknowledge our achievements along the way...

I used to be absolutely notorious for "not feeling like I was making ample progress on my own goals". I would always find myself asking, "Why I am not where I want to be yet?" Then a friend of mine made me realize that I was in fact making a plenty of progress. It was just that I was biased by my future goals to the point that I wasn't taking the time to give myself proper credit for what I'd already achieved.

My friend, I encourage you to track your achievements. Don't simply cross out your goals as you achieve them. Instead write them out (keep your own success journal). Save them for future reference so that the next time you feel you're not making ample progress in your life you can break out the proof that you are!

Josh Hinds – Founder <http://GetMotivation.com> Get the \*BEST\* in motivation and self-improvement directly in your inbox for FREE, visit: <http://getmotivation.com/myezines.html>

**Get Ready To Set Goals in January**

**By Wendy Hearn**

## **Get Ready To Set Goals in January by Wendy Hearn**

December tends to be a hectic time for most of us and before we know it January is upon us. Your thoughts may then turn to the goals you're going to set yourself during next year. As a coach I work with people to set goals that work for them and encourage them on the route to achieving them. I've found that many people want to set goals in January and this is great, but they often forget to review what they've achieved previously.

December is a great time to reflect on your achievements during the past year, both personally and professionally. I really encourage you to take some time to write this down. Think back to January 1st and ask yourself, "How far have I come this year?" "What have I achieved?", "How have I improved myself?" and "What were my strengths?"

Remember to include achievements which relate to you as a person. Perhaps you've become more relaxed or more focused. The feeling of success which derives from reviewing the past year's achievements can be a wonderful inspiration for what you can strive for during the next year. In the quest to achieve more, we often forget how far we've come. This continuous driving forward can leave us feeling that there's something missing in our success. I challenge you to harness and use your strengths fully and be ready to set goals in January. What will it take for you to do this?

Wendy Hearn Personal and Professional Coach Wendy can be contacted on 01908 357899 or by email at [wendy@Business-Personal-Coaching.com](mailto:wendy@Business-Personal-Coaching.com) Her website is at <http://www.Business-Personal-Coaching.com>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**