



What Do You Really Want? How to Set a Goal and Go for It! A Guide for Teens

Beverly K. Bachel

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Why do some people accomplish so much more than others? It's not because they're smarter or more talented. It's because they know how to set and reach goals. Research shows that effective goal setters have less stress and anxiety, concentrate better, and are more satisfied with their lives. For teens, goal setting is linked to improved school performance, motivation, self-confidence, and self-esteem. *What Do You Really Want?* is a step-by-step guide to goal setting, written especially for teens.

Each chapter includes fun, creative exercises, practical tips, words of wisdom from famous "goal-getters," real-life examples from teens, and success stories. Readers learn how to articulate their goals and put them in writing (a key to success), set priorities and deadlines, overcome obstacles, cope with roadblocks, build a support system, use positive self-talk, celebrate their successes, and more.

Upbeat and inspiring, this book is a must for all teens. It's also recommended for parents, teachers, youth workers, counselors, and other caring adults.

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Sheila Robinson:

The reason why? Because this What Do You Really Want? How to Set a Goal and Go for It! A Guide for Teens is an unordinary book that the inside of the book waiting for you to snap this but latter it will surprise you with the secret it inside. Reading this book beside it was fantastic author who else write the book in such incredible way makes the content inside easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you for not hesitating having this any more or you going to regret it. This amazing book will give you a lot of rewards than the other book include such as help improving your proficiency and your critical thinking technique. So , still want to hold up having that book? If I were you I will go to the reserve store hurriedly.

Kevin Hardy:

In this era globalization it is important to someone to get information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information quicker to share. You can find a lot of personal references to get information example: internet, newspapers, book, and soon. You will see that now, a lot of publisher in which print many kinds of book. Often the book that recommended for your requirements is What Do You Really Want? How to Set a Goal and Go for It! A Guide for Teens this e-book consist a lot of the information with the condition of this world now. This particular book was represented how do the world has grown up. The language styles that writer make usage of to explain it is easy to understand. The particular writer made some research when he makes this book. That's why this book acceptable all of you.

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