

# SELF-IMPROVEMENT GOALS

## HOW TO

Use the SMART framework to set quality goals:

- **Specific** - don't be vague.
- **Measurable** - define success.
- **Attainable** - not too hard, not too easy.
- **Relevant** - ensure they suit your values and long-term interests.
- **Time-bound** - set a deadline.

## EXAMPLES

**Mindfulness** - Practice mindfulness meditation for 15 minutes daily for a month, using guided instructions from a mindfulness app.

**Save Up** - Save \$200 from the monthly income every month for the next 1 year to amass a rainy day fund.

# Improvement Examples For Entrepreneurs 4 791 Self Improvement Explained

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you should have done You look at others success and wish that could be you This book can help you find your focus and get you back on the path to selfimprovementif that s you You will learn so many secrets that will serve to guide you towards a life filled with better habits more discipline and a mindset that keeps you consistent On this journey I ll look at actual examples of how others have achieved selfimprovementand how they did it with less resistance and more productivity I ve also included a toolkit to finally beat your procrastination and get the most critical work done I hope that the lessons will fuel you and help you take action to become the person you always wanted to be The time has never been better for you to become an entrepreneur of your life and finally take back control

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