

Wake-Up Foundation presents

Goal Development Action/Result Coaching



There are many things that we want to achieve. In order to become successful in achieving all of our goals and dreams, we need a guideline otherwise we will take random steps that will make us very frustrated and overwhelmed. The best tool to help you achieve your goals and dreams is goal setting.

Learning components:

- Understand the true purpose of setting goals
- Learn to set realistic goals and achievable action steps
- Learn how to create a vision board
- Learn how to set short, middle, and long-term goals
- Learn how to turn your life areas into successful goals
- Learn how to set habit goals
- Learn motivation and success tools



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