

Goal Setting Coaching

Do you want to accomplish things but do not know where to start?

Do you procrastinate over things you want to get done?

Do you have dreams that you want to fulfill?

If you said yes to any of the above questions, then this goal setting coaching is for you.



Goal setting is not only about accomplishing your goals and dreams, but also building positive habits that you want to keep in life, such as building a habit to exercise daily, or to drink 8 glasses of water, or to quit smoking, or to read a book the next month, It does not matter what you want to get done or accomplish, goal setting is the tool.

Contact us: Wake-Up Foundation, (916) 243-7076

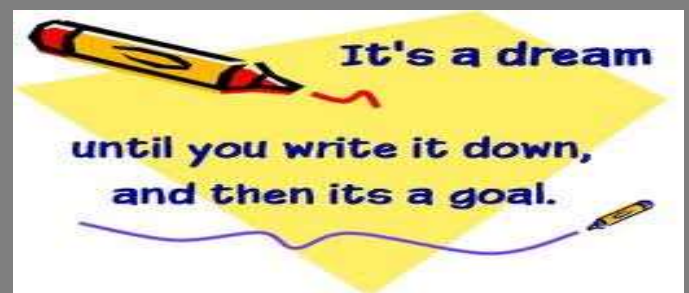
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Wake-Up Foundation was named 2016 Best of Citrus Heights Awards in Human Resource Consulting Services

Benefits of goal setting:

- Able to achieve your goals and dreams
- Experience more joy, purpose, fulfillment, and happiness
- Able to build positive habits
- Able to eliminate negative habits
- Personal growth
- Understanding and unleashing your strengths, talents, skill, and knowledge



- Be empowered, motivated and inspired in life
- Decrease your procrastination
- Get more things done

