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**TIPS TO HELP
YOU STAY
FOCUSED &
COMPLETE
YOUR
GOALS**

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- Get a plan. Sit down and write your vision. Decide which path you need to take to reach that goal. Then display it somewhere you can see it daily.
- Be persistent. Don't stop. You may have to give yourself a little break to regroup, but do not stop completely. Be relentless.
- Reward your efforts. For your hard work and commitment, bless yourself with an award. You deserve it!
- Make adjustments if you need to. If something is not working for you, it's okay to make some changes. Don't get discouraged. Do what you think is best for you. You be the judge.
- Stay encouraged. Remember to encourage yourself along the way. Be your own cheerleader. If no one else believes in you or your dream, believe in yourself. Pump yourself up!