

(Front cover)

# Goal Setting: 7 principles to achieve remarkable success.

Using the P.E.R.F.E.C.T. strategy to create your future.

Stephanie Philp

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If you've ever failed to achieve a goal - (and let's face it - who hasn't?) then this book is for you.

By applying the 7 principles that make up the P.E.R.F.E.C.T. goal setting strategy you'll learn to cover all the bases that other goal setting models lack. Use the strategy to set completely unrealistic goals; goals that will challenge you to grow and develop while having the most awesome fun on the way to achieving your dreams.

P.E.R.F.E.C.T. Goal setting will show you why some goals can feel as if you're crawling towards them at snails pace, on your hands and knees - over broken glass! You learn how to set goals that, while stretching you, also seem easy and pleasurable. The P.E.R.F.E.C.T. strategy incorporates the latest in neuro-scientific research combined with traditional and spiritual wisdom. It's packed with examples that clarify each principle.

Stephanie Philp is an internationally recognised Writer, Master Trainer and Coach/Mentor. In this book, she's combined her 20 years experience to show you what works, as well as what definitely doesn't work to create the future you desire.