

Another New Year, Another Resolution? Note-Taker
“To attract a Dream Partner, you must BECOME a Dream Partner!”

Point #1 – *Why is it so hard to change?*

Point #2 – *3 Reasons we sabotage our Goals*

Point #3 – *Planning to reach Goals*

Point #4 – *Prepare to reach Goals*

Point #5 – *WHY you want to reach your Goal*

Point #6 – *Keep your eye on the Short-term Goal*

Point #7 – Set S.M.A.R.T. Goals to Achieve Them

Point #8 – Hold Yourself Accountable

My Expert Advice to give myself:

What I will do to follow my Advice:

Resources for Help and Support:

Carol A. Anderson, MS

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Intro.AttractYourDreamPartner.com ~ Singles Relationship Programs

www.KeepTheLoveYouFind ~ Singles Weekend Retreat ~ Early-bird Discounts!

[Carol's FaceBook FanPage for Singles](#) ~ Resources for Singles ~ Please LIKE & SHARE! ~ FREE!

www.meetme.so/carolaanderson ~ Schedule a complementary 60' Strategy Session ~ FREE!