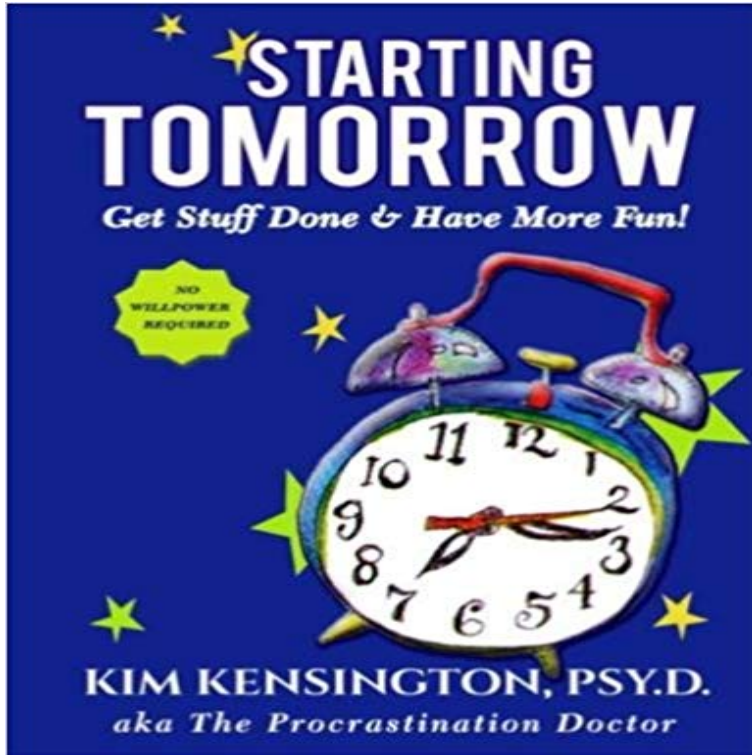


Starting Tomorrow: 7 Steps to Lasting Change - Get Stuff Done and Have More Fun!



Transform Your Good Intentions into Great Accomplishments! Consistent action over time gets lasting results. This is easier than it sounds for some of us. Too much time that could be spent having fun is lost by procrastination. This workbook provides a 7-step, no willpower required, paint-by-numbers plan, to develop new habits. The idea is to take the enthusiasm you have at the start of a change program and parlay it into a strategy that will keep you engaged over time to accomplish your goals and maintain those results. This light-hearted, easy to understand approach is based on empirically sound and effective principles of learning and behavior change.

How many times have you started an exercise program, a budget, a diet, or a project with lots of energy and enthusiasm and then you stopped? Here's a way to get you off the roller coaster of BIG STARTS and slow, painful never-ending fade-outs. It's been researched and tested and this program really works! Dr. Kim Kensington has designed an easy-to-follow system that teaches you how to generate action in your life and transform distractions into motivations. Her innovative program will teach you how to organize your time, sequence activities to create success and use incentives to reinforce desired habits. The Procrastination Doctors plan of action for you takes into account the need for immediate gratification, the sense that there is never enough time, and the pros of procrastination. Complete with guidance, exercises, worksheets, and troubleshooting tips, you'll follow a seven-step process to become routinely productive. Create a day-by-day, four-week program for success. Identify the ignition key that gets you started every day. Profit from your natural desire for fun and relaxation. Stop guilt, disliking and disparaging yourself for what you haven't done. Experience the fulfillment of daily accomplishments. If

you are planning to make changes that last, then you need Starting Tomorrow, today.

NEWAGEOFTRUTH There's been too many lies and not enough truth stay updated via rss MY NEW PLAYLIST Why are some looking forward to the end of days? Posted: July 26, 2016 in Cheating, Education, Evil, Politics, Religion, Social Issues Tags: Armageddon, bible, Christianity, Conspiracy theory, Prophecy, Y2K 0 end of days Some temptations are just too good to pass up. My curiosity got the best of me the other day and I gave in by watching one of those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will rejoice in the heavens.

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