



Metas "smart" En Palabras Simples (Spanish Edition)

S.j. Scott

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Descripción del libro

DESCUBRA: Aprenda a establecer metas personales y profesionales que efectivamente pueda alcanzar.

¿A menudo se propone metas que pareciera no poder lograr jamás? Todos tenemos sueños y aspiraciones. La mayoría de nosotros anhela establecer relaciones satisfactorias. Algunos desean alcanzar su libertad personal. Otros aspiran a lograr fama y éxito. Y otros luchan por hacer buenos negocios. Cualquiera sea la naturaleza de sus ambiciones, establecer metas puede ayudarlo a alcanzarlas.

Sin embargo, si se plantea metas equivocadas es posible que se sienta frustrado y desmotivado. Cuando apuntamos a objetivos demasiado elevados, es muy fácil darnos por vencidos al notar que nuestro sueño no se hace nunca realidad.

Todos debemos enfrentar distintos desafíos en la vida que nos gustaría superar; el secreto para conseguirlo está en elaborar un plan y cumplirlo con fidelidad. Establecer metas SMART puede ayudarlo en dicha tarea.

ACTÚE: Establezca metas SMART y consiga resultados reales.

Su formulación es muy simple. Basta con que ponga por escrito un resultado que busca alcanzar y el plazo en el que pretende alcanzarlo. La parte difícil de la labor es actuar. Como podrá haberse dado cuenta, Internet está plagada de libros que hablan sobre cómo establecer metas. Pero existe un problema: la mayoría de ellos no alude a las actividades diarias o hábitos que son necesarios para alcanzarlas.

En METAS "SMART" EN PALABRAS SIMPLES podrá obtener un plan de diez pasos para el establecimiento y logro de metas. A diferencia de otros, este libro le enseñará a transformar una idea en realidad. Además de ofrecerle un panorama general de las metas SMART, también obtendrá un plan maestro para llevar dichas metas a la rutina de la vida diaria.

DESCARGUE: METAS "SMART" EN PALABRAS SIMPLES - 10 PASOS PARA DOMINAR SUS METAS PERSONALES Y PROFESIONALES

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