



12 Tips to Confidence and Goal Setting Success

1. Forget Past Failures
2. Decide on a Commitment
3. Break it into Small Bites
4. Ask for Help
5. Track your Progress
6. Review and Make Adjustments
7. Focus on the End Results
8. Stay Consistent
9. Let Go of Limiting Beliefs
10. Be Proud of Yourself and Past Successes
11. Repeat Positive Affirmations
12. Reward Yourself for Every Achievement

