

Bonus – Taking the 1st Step!

Well done you made it to the end of my free guide to setting a goal!

As a bonus here is the brief guide on how to start on the journey towards your goal.

Taking The First Step...

- One of the reasons many of us give up on our goals is that we're not sure how we're going to get to the end result.
- The secret to getting started is not to worry about getting to the end result but rather to identify the first step needed, setting a date when you'll begin, having the courage to take the first step and then committing to seeing out the end result.

What next?

Thank you for subscribing to my course, I hope you enjoyed it. All of my online courses can be viewed at <https://garyhirson.com/garys-school/online-courses/>. But also, please feel free to send a review or a testimonial to gary@garyhirson.com.

I look forward to hearing from you.

Gary Hirson