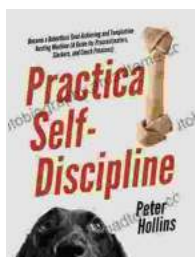


Become an Unstoppable Force: The Ultimate Guide to Relentless Goal Achievement and Temptation Busting

Are you tired of setting goals only to watch them slip away? Do you struggle to overcome temptations that derail your progress? It's time to break free from the cycle of self-sabotage and unleash your true potential.

Introducing "Become Relentless: Goal Achieving and Temptation Busting Machine," the comprehensive guide that will transform you into an unstoppable force. This book is your blueprint for achieving your most ambitious dreams and conquering your greatest challenges.



Practical Self-Discipline: Become a Relentless Goal-Achieving and Temptation-Busting Machine (A Guide for Procrastinators, Slackers, and Couch Potatoes)

(Live a Disciplined Life Book 8) by Peter Hollins

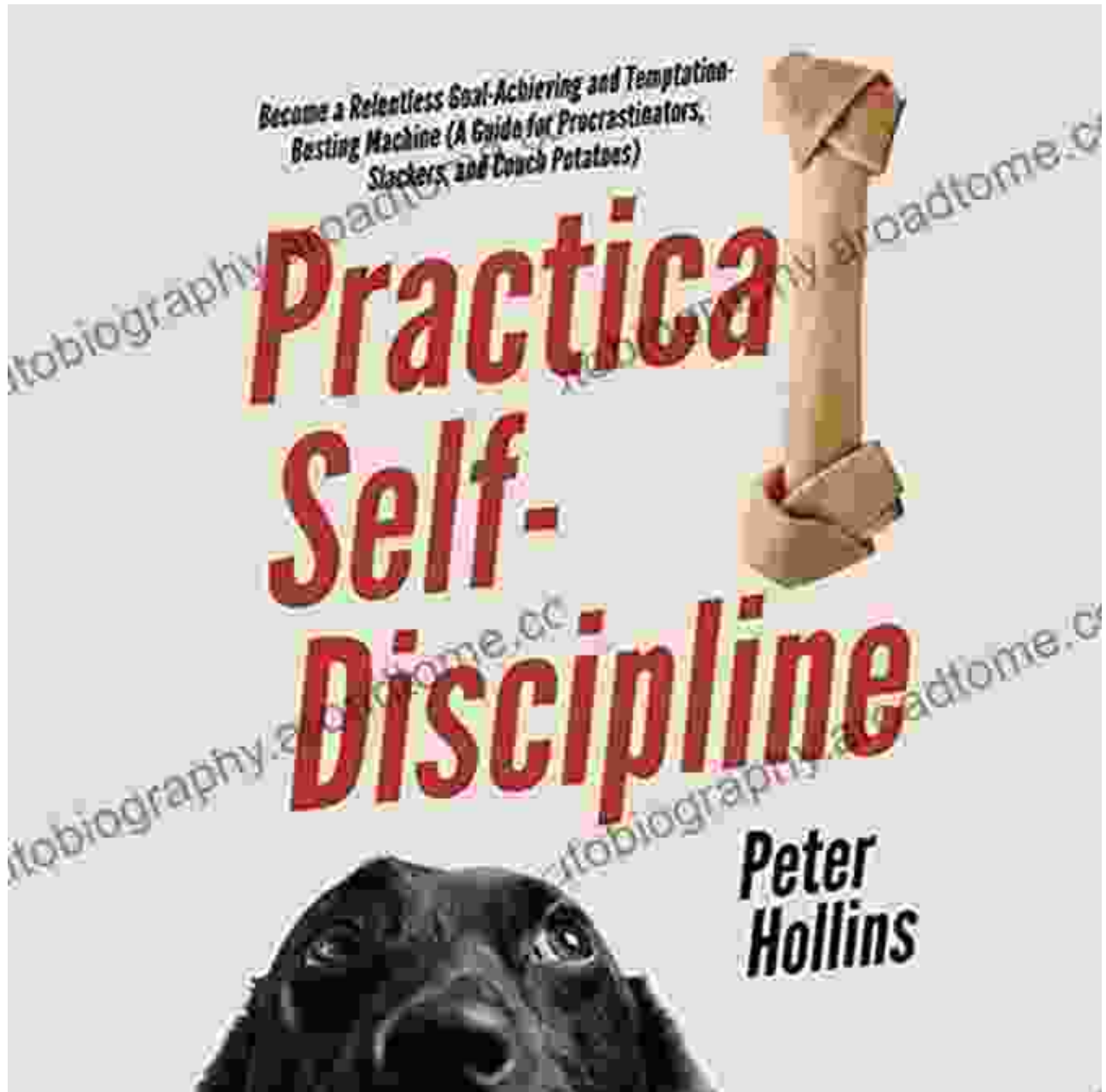
★★★★☆ 4.4 out of 5

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File size : 1041 KB
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Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
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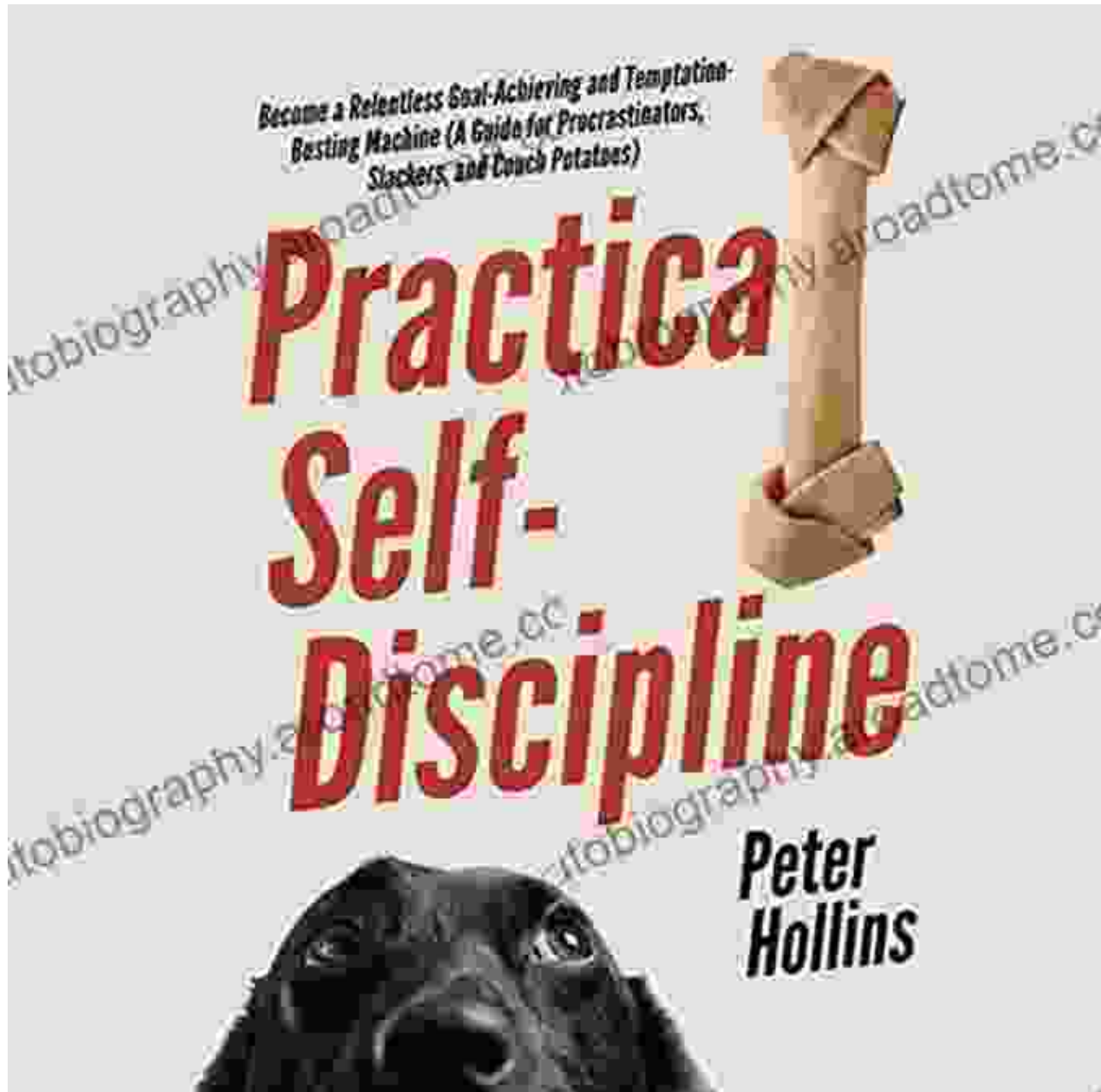
Chapter 1: The Psychology of Goal Setting

Discover the science behind effective goal setting. Learn the power of SMART goals, the importance of visualization, and the role of positive self-talk. Understand the mental barriers that hold you back and develop strategies to overcome them.



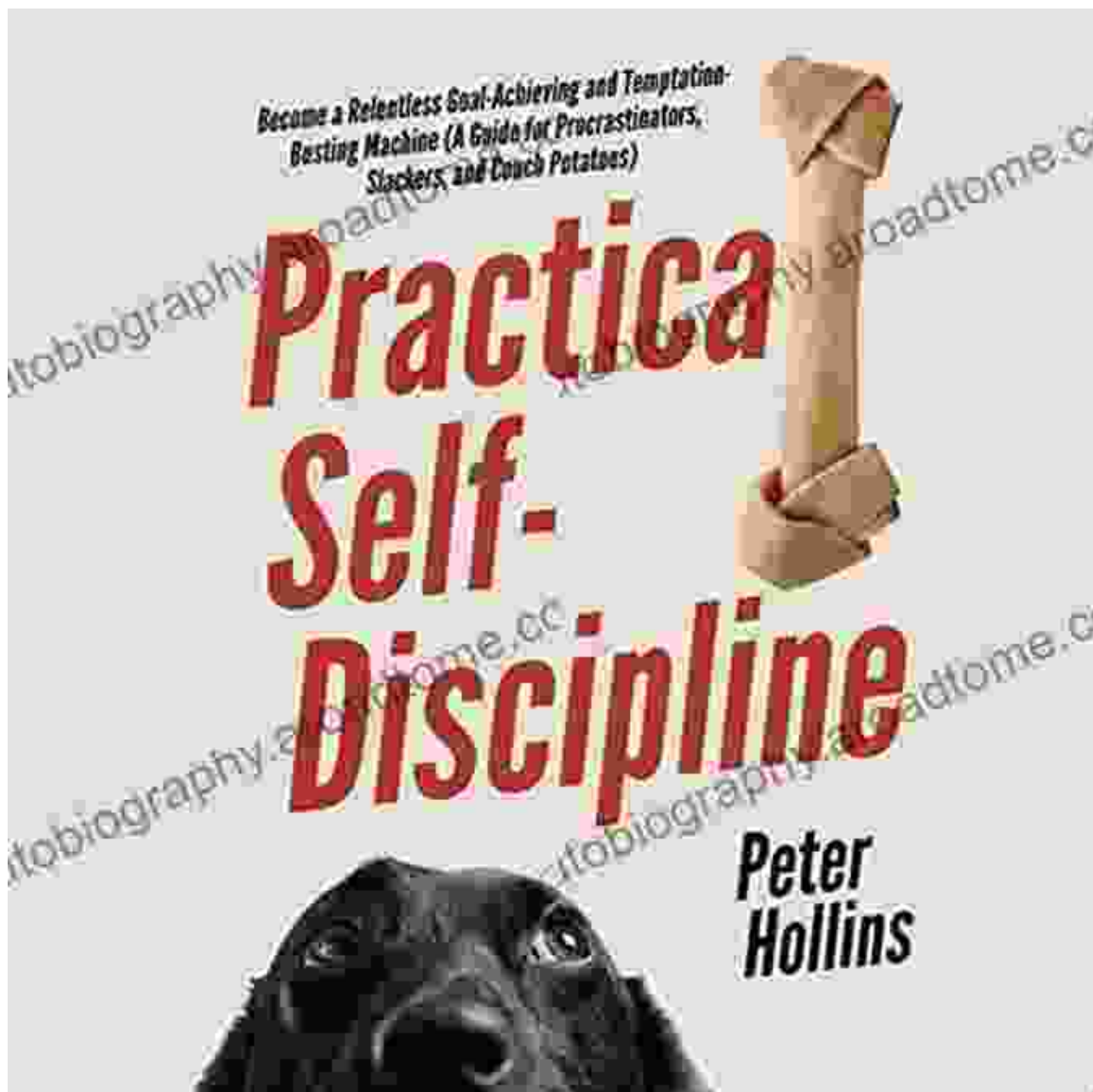
Chapter 2: The Temptation Trap

Uncover the sneaky tactics that temptations use to lure you off track. Explore the different types of temptations, their triggers, and the impact they have on your willpower. Learn to recognize the warning signs and develop proactive strategies to avoid falling prey to them.



Chapter 3: Building Unbreakable Willpower

Develop the mental toughness and self-discipline required to resist temptations and stay focused on your goals. Learn exercises to strengthen your willpower, cultivate self-control, and build a strong foundation for success.



Chapter 4: The Art of Goal Tracking

Master the art of tracking your progress and staying accountable. Learn how to set up effective goal trackers, monitor your performance, and make adjustments along the way. Discover the importance of feedback and using it to fuel your motivation.

GOAL TRACKER

WEEK	5	GOAL:	2	GOAL:
		Eat more fruits and veggies		Less than 2 hours of screen time
DATE	Circle or color in the number of fruits and veggies you ate today. 1 is one serving of fruits or veggies.		Circle or color in the number of hours that you had any screen time: TV, video games, computer. Each is 30 minutes.	
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEIGHT	1	GOAL:	0	GOAL:
		Be physically active		Drink more water and less soda and juice
BMI	Circle the amount of minutes that you were physically active today. Each represents 15 minutes.		Circle the number sweetened beverages you drank and/or circle the stars for each glass of water you drank. 1 = 8 ounces of sweetened beverage.	
Monday	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Tuesday	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Wednesday	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
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Saturday	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Sunday	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Notes:				

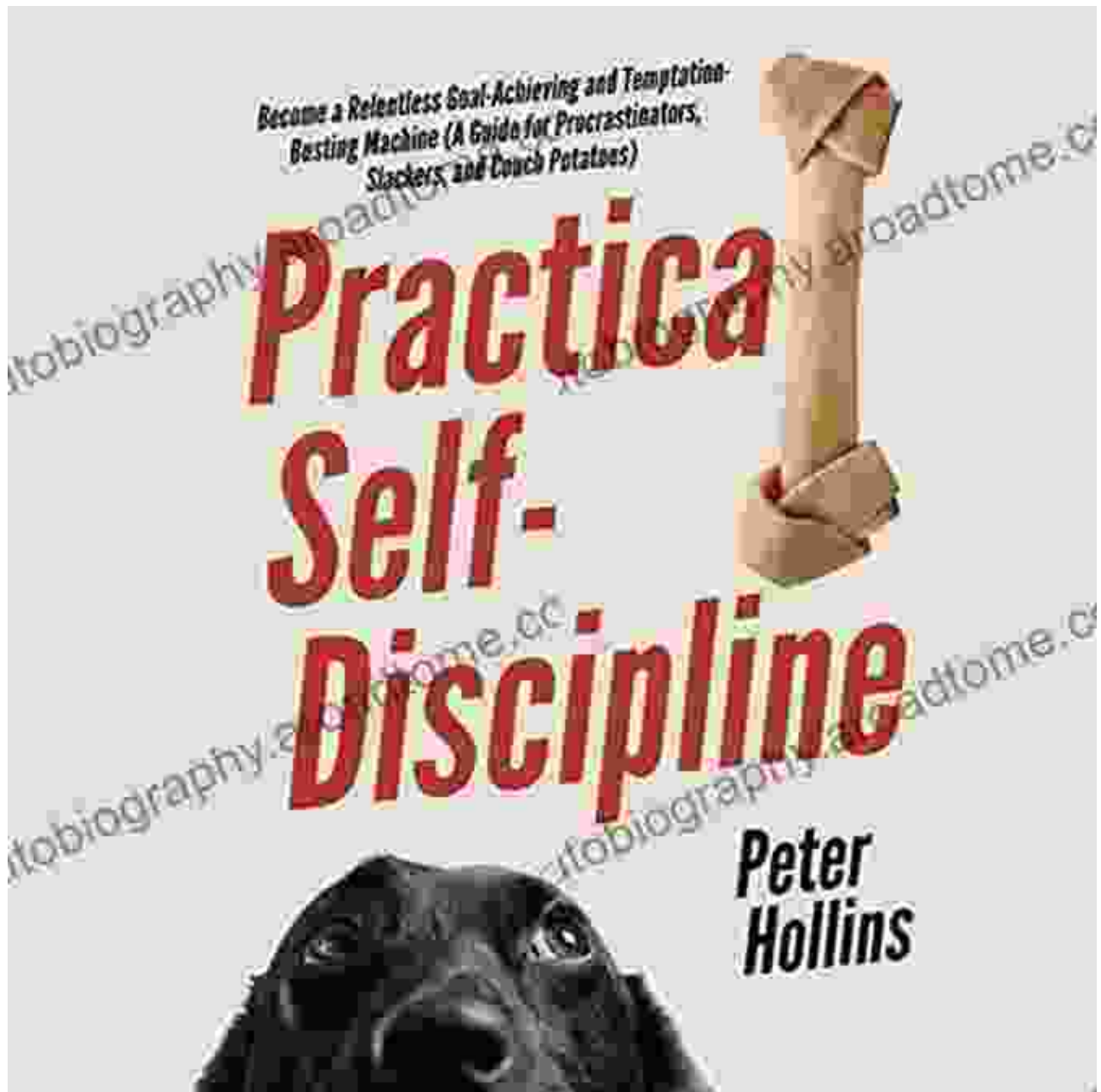
Chapter 5: Overcoming Obstacles and Setbacks

Prepare for the inevitable challenges and setbacks that will arise on your journey. Learn how to navigate obstacles, develop resilience, and emerge stronger from adversity. Understand the importance of persistence, flexibility, and seeking support.



Chapter 6: The Power of Habit

Transform your goal-achieving and temptation-busting behaviors into automatic habits. Discover the science of habit formation and learn how to create powerful cues, routines, and rewards that will support your success.



Chapter 7: The Mindset of a Champion

Adopt the mindset of a champion who is relentless in pursuit of their goals and unyielding in their determination. Learn how to cultivate a positive outlook, believe in yourself, and embrace the challenges that come your way.



Chapter 8: The Support Network

Harness the power of a strong support network to bolster your motivation and provide guidance. Learn how to identify and build relationships with mentors, coaches, friends, and family who will support and encourage you on your journey.

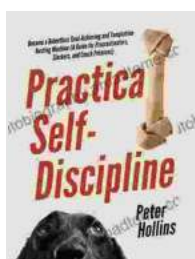


"Become Relentless" is more than just a book; it's a roadmap to unlocking your full potential and living the life you've always dreamed of. With its practical strategies, actionable advice, and inspiring insights, this guide will empower you to:

- Set and achieve goals with confidence
- Overcome temptations and distractions
- Build unyielding willpower
- Track your progress and stay accountable
- Navigate challenges and setbacks
- Develop empowering habits
- Adopt a champion's mindset

- Create a supportive network

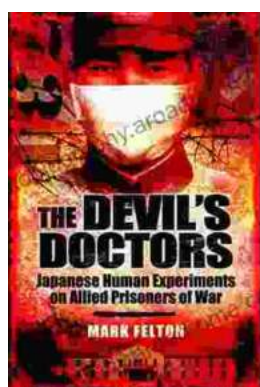
Invest in yourself today and Free Download your copy of "Become Relentless." It's the key to unleashing your inner potential, achieving your goals, and living a life of purpose and fulfillment.



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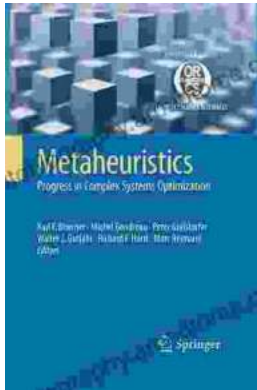
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The Devil Doctors is a gripping novel that explores the dark side of the medical profession. It follows the story of a young doctor who...



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