



# Goal Setting for Preppers: S.M.A.R.T. Goals

*Scott Kirshner*

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## **Goal Setting for Preppers: S.M.A.R.T. Goals** Scott Kirshner

Goal Setting for Preppers: S.M.A.R.T. Goals by Scott Kirshner, M.Ed. provides a simple and highly effective method for setting goals in a manner that is well defined using a step-by-step process. There are many books available about prepping but few venture into the specific details on how to get started using written goals. Without a written goal the prepper does not have an effective method of measuring their prepping success or to know if they are on track. Additionally, information is provided on why most people fail at the goals they set for themselves and ways to avoid these pitfalls. Whether you want to: Build a food supply, get in shape to bug out, put together a bug out bag, obtain your amateur radio license, learn first aid skills, learn how to shoot a firearm along with basic tactics, etc. this book will guide you towards achievement and success. This concise book gets to the point, is focused, and stays on topic. It avoids the theoretical and academic psychological information relating to goals and motivation that ends up overwhelming many readers. Goal Setting for Preppers: S.M.A.R.T. Goals covers the following: - The Power of Goals - Why Goals Fail - S.M.A.R.T. Goals for preppers with 10 examples - Motivation - Self-Talk - Thought-Stopping to Neutralize Negative Self-Talk - Techniques to Keep You on Track Goal Setting for Preppers: S.M.A.R.T. Goals will provide you with the knowledge you need to clearly define your prepping goals and successfully reach your potential. No more excuses, delays, or procrastination. Now is the time to stop thinking about what you want and time to start writing your goals down so you can successfully accomplish your goals.

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