



# Small Steps Guide to Goal Setting and Time Management, A

*Dr Louise Tondeur*

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## **Small Steps Guide to Goal Setting and Time Management, A** Dr Louise Tondeur

A Small Steps Guide to Time Management and Goal Setting is a no-nonsense guide to discovering goals and making them concrete. It is ideal for goal setting for health, career, study, family, finances, travel or leisure. Written for those who want a straightforward guide to getting their dreams on track, with special sections for those who lack motivation or who never seem to have time, readers have access to the small steps method website for further tips and advice.

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