



# What Do You Really Want?: How to Set a Goal and Go for It! A Guide for Teens

*Beverly K. Bachel*

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Setting and sticking to goals can ease stress and anxiety, boost concentration, and make life more satisfying. This updated and revised edition of a trusted step-by-step guide helps teens articulate their goals and put them in writing, set priorities and deadlines, overcome obstacles, build a support system, use positive self-talk, celebrate successes, and more. Updated with new and inspiring stories from teens pursuing their goals, easy-to-use tips for setting and reaching goals, and information on using technology tools to aid in goal setting, the book also includes downloadable forms to use in goal-setting activities.

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