

ART THERAPY RESOURCES



★ *Planning Books & Blogs*

PLANNING BOOKS

Below is a collection of suggested planning books that can be purchased from Amazon (*not affiliate links*).

* 2017 The Badass Planner

Purchase from: <https://amzn.com/0764972936>

* Executing Execution

Purchase from: <https://amzn.com/B0091NYDSW>

* Getting Things Done: The Art of Stress-Free Productivity

Purchase from: <https://amzn.com/B00KWG9M2E>

* The Life-Changing Magic of Tidying Up

Purchase from: <https://amzn.com/B00KK0PICK>

* How to Set Goals and Make it Happen

Purchase from: <https://amzn.com/B00L7BVL86>

7 STEPS FOR GOAL SETTING

1. Identify the goal
2. Benefits of the goal
3. List the obstacles
4. Skills required
5. Identify help required
6. Develop Plan
7. Set a deadline

- Zig Ziglar

PLANNING BLOGS / WEBSITES:

Below is a list of links to blogs, websites and articles that focus on planning and setting goals. Not all of the ideas may suit you, so take what you like and apply it to your own personal process of setting goals.

<http://businessballs.com/career-planner-template.htm>

http://businessballs.com/goal_planning.htm

<http://build-creative-writing-ideas.com/zig-ziglar.html>

<http://dummies.com/how-to/content/set-goals-and-objectives-in-your-business-plan.html>

<http://goalsontrack.com/>

<http://leavingworkbehind.com/how-to-set-goals/>

<http://michaelhyatt.com/goal-setting.html>

<http://redesignmyexistence.com/personal-goal-setting-how-to-set-your-life-goals-in-7-steps>

http://sethgodin.typepad.com/seths_blog/2014/12/goals-strategy-and-tactics-for-change.html

<http://zenhabits.net/a-simple-guide-to-setting-and-achieving-your-life-goals/>