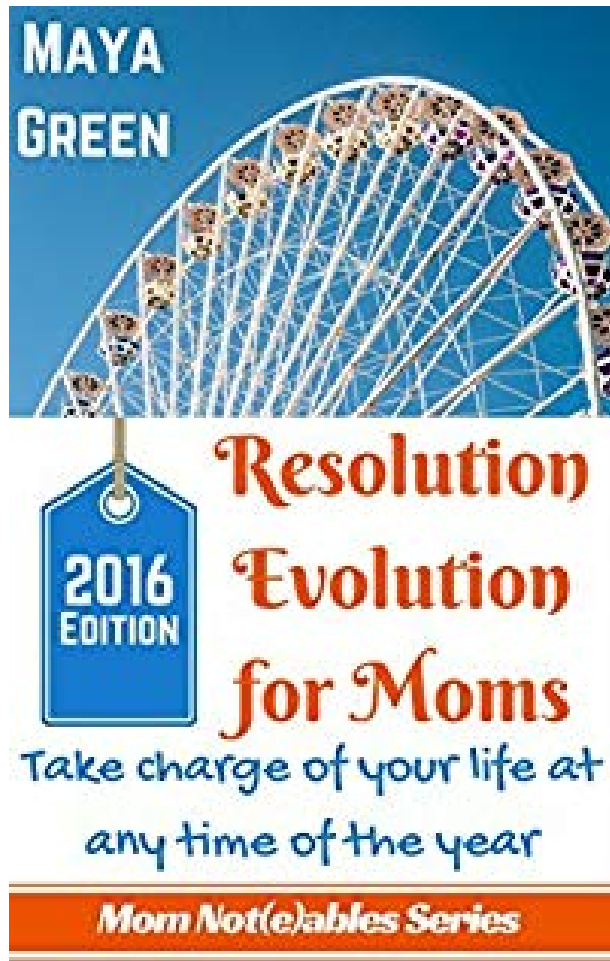


# Resolution Evolution for Moms: Take Charge of Your Life at Any Time of the Year (Mom Not(e)ables Book 1)



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[Resolution Evolution for Moms: Take Charge of Your Life at Any Time of the Year \(Mom Not\(e\)ables Book 1\).epub](#)

2016 is your year! This year is going to be different! Are you tired of getting all fired up with good intentions, only for your resolution to fizzle into a damp squib? Do you want to be known as the woman who sets her sights on something and gets the job done? What would that feel like? Do you want to find out?! Resolutions are easy to make, but hard to keep, as we all know. Are you curious about what you could achieve with the help of a systematic process to figure out the best resolution for you personally, and a concrete action plan? Download Resolution Evolution for Moms and leave your resolution frustration behind you. Through clearly laid-out exercises and thoughtful questions, you will narrow your focus to the most meaningful and rewarding goals for you. So much so, that you'll be itching to take action while you're reading. In Resolution Evolution for Moms, you will discover... 7 reasons why some resolutions are doomed to fail before the clock strikes midnight on New Year's Eve, and how to move forward so you don't repeat those same mistakes. The importance of resolution decluttering. Whether an annual resolution is the best choice for you, and if not, what are the alternatives? The culinary technique that will give you resolution results outside the kitchen. The

magical thinking that can sabotage your resolution. How to prepare for those mid-resolution moments when life decides to throw you a curveball. Practical ways to maximize your chances of resolution success. Tips for finding time to work on a resolution in the middle of our busy, demanding lives. The role our brain plays in helping us to stick to our resolutions, and how we can harness that power to our advantage. ...and lots more... No matter what your goal is, you can apply the strategies and techniques described in Resolution Evolution for Moms.

It's time to get excited about your resolution adventure. Remember, your resolution doesn't have to be grandiose and far-reaching to be life-changing. Every little step toward happiness is a step in the right direction.

Be an early bird! Don't let 2016 pass you by without making progress on your soul goals. Take charge of your resolution and your life.

Remember, the early resolution-maker catches the worm, so flutter up to the "Buy Now" button and get started with Resolution Evolution for Moms.