



# Reaching Your Goals: The Ultimate Teen Guide (It Happened to Me)

*Anne Courtright*

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Teens don't often realize that their daydreams can be transformed into real accomplishments. If they take those dreams seriously, and turn thoughts into action, even some of the wildest notions can become reality. *Reaching Your Goals: The Ultimate Teen Guide* show readers how important setting goals can be to accomplishing whatever they want to.

Through the use of "No Sweat Quizzes" and other unique methods, such as creative visualization and affirmations, Anne Courtright provides teens with the tools to help them achieve not only short-term goals but to realize their greatest potential. Filled with commentary from notable figures in sports, music, film, and business, this book also shows teens how to turn failures into positive stepping-stones to future success.

Through examples, activities, and sample action plans, *Reaching Your Goals: The Ultimate Teen Guide* will help teens map their own paths to success, both in school and life.



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