## **Early to Rise Customer Support**

<u>Knowledgebase</u> > <u>Metabolic Kick-Starter</u> > <u>What is the best way for users to set goals when using this program?</u>

## What is the best way for users to set goals when using this program?

Honey - 2020-02-07 - Metabolic Kick-Starter

Set one big goal that you want to achieve with the program and then you want to set process goals that will help you achieve the big goal.