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TURN DREAMS INTO REALITY.
TAKE PRACTICAL ACTION.
LIVE YOUR ADVENTURE.



What is PGST?

Practical Goal Setting Technique is a coaching system designed to help you create practical, empowering goals that come from the deepest callings of your heart. PGST gives you the ability to break those goals down into real, do-able actions, then allows you to uncover and face the often unconscious fears that have been blocking you from making real movement towards that which you are truly called to do