





## Anything is possible when you put your mind to it and it's even more likely to happen if you set goals.

'Flourish Goals' is a goal setting app to capture and achieve your goals in a fun and simple way. From finding a new career to buying a new house this is the place to start and stay motivated. Everyone knows that there is a better chance of achieving your goals if you write them down and with Flourish Goals you will always have your goals in your pocket ready to inspire you.

Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn your vision of this future into reality. The process of setting and managing goals helps you choose where you want to go in life. By knowing precisely what you want to achieve, you know where you have to concentrate your efforts. You'll also quickly spot the distractions that can, so easily, lead you astray: this app will help your productivity and stop you from procrastinating.

## **FEATURES**

- Capture a clear list of your goals
- Add detailed information about your goals including a photograph
- Break your goals into small steps to accomplish each day and monitor progress
- Countdown to your goals being achieved
- Form habits by regularly completing steps
- Prioritise your goal list or sort by deadline, theme and % complete
- Add a reward for when your goal is complete
- ED Look back a your progress on your personal 'my journey' page
- 😢 Play a slide show of your goals to keep you inspired



## PRESS RELEASE





## **ABOUT LAURA JANES**

Laura is a working mum living in Cheltenham. She is always trying to find a good balance between work and family life. Laura is no stranger to goal setting, she has been setting her own goals in various formats for the last 10 years: in the latter part she has got married, moved house, been promoted, moved jobs, graduated top of her MBA class and had a gorgeous baby boy. Of course there have been set backs along the way but that's all part of the ride.

Laura has learnt to enjoy the journey not just the achievements and measure the progress of how far she's come, not how far she has to go. She wanted to share this method with others and realized that there was a gap in the market for a new type of app – the goal for building a goal setting app was set! It's taken a year from having the initial idea, working on the app in her spare time, to currently launching it! Laura's goals for 2014 include making Flourish Goals a bestselling app (of course), spending more time with friends and planning some great holidays with her family.