



Living Intentionally: A Six-Step Transformation from Goal-Setting to Goal-Getting Workbook

By Dr Bonnie L Aaron

Keenship LLC, United States, 2014. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.This goal-setting to goal-getting workbook is the study companion to Living Intentionally: A Six-step Transformation (2014). The material that follows is a six-step guide to direct you to take action toward your personal transformation. Each step reveals a timeless truth, offers practical application tips, and issues a call to action. There is no question that while we retain very little of what we read, we retain nearly all of what we do. In the guided practice steps that follow, you will do far more than you will read. You will benefit most from practice. The guided practice activities will help you recognize the tools necessary to bridge the gap from goal-setting to goal-getting. Get in touch with yourself and discover your own answers to your questions. Discover your purpose in life. Quit feeling guilty for not being perfect. Quit trying to fix or control others. Name and validate your thoughts, feelings, and desires. The exercises in the workbook will help you understand that your thoughts determine what you want and your action determines what you get.



READ ONLINE
[1.57 MB]

Reviews

Extensive guide for ebook lovers. It generally does not cost excessive. Your way of life span will likely be convert the instant you complete looking at this ebook.

-- Rocky Dach

Certainly, this is the very best work by any author. It is amongst the most remarkable publication i have got study. I am just happy to inform you that this is actually the greatest pdf i have got study inside my individual daily life and can be he very best publication for at any time.

-- Gilbert Rippin