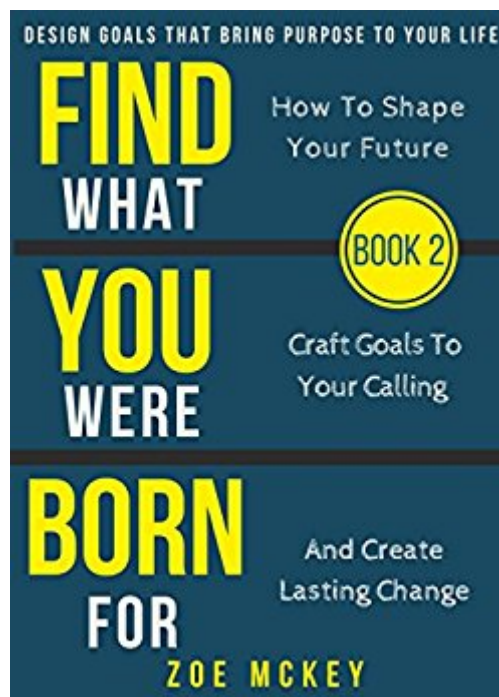


The book was found

Find What You Were Born For: Design Goals That Bring Purpose To Your Life - How To Shape Your Future, Craft Goals To Your Calling And Create Lasting Change (Book 2)



Synopsis

When you think “goals,” are you unmotivated and burnt out? Feel trapped in never-ending routines and motions that don’t seem to get you anywhere? Are your goals empty and useless because they don’t motivate you because they are unrealistic and unattainable? They are designed to make other people happy? You imagine them without creating an action plan? Fear the new, judgment and rejection? Lack self-esteem and confidence to be able to finish anything? Get bored easily by following only one direction? The best goals will create satisfaction and drive in your life “ they are the key to everything that is worth anything: a healthy relationship, an emerging business, or even just becoming a great tennis player. Finding and setting the right goals get you to live that happy life you were born for! Find What You Were Born For “ Book 2 will teach you how to set goals effectively so they are self-motivating and are guaranteed to become reality. Can you have a fulfilling life starting today, even if you’ve only met disappointment and failure thus far? Yes, you can. Find What You Were Born For “ Book 2 articulates 7 areas of goals that you can strive for, and exactly how to set them expertly and with precision “ target, time, and energy-wise. It addresses every mental challenge in goal-setting and breaks them down with simplicity and ease. As a Communication Coach and bestselling author, I always have multiple goals running in parallel. They are what got me to this point from my beginnings as a dishwasher in a rundown store “ now I am happy; I have enough time; I experience deep content and fulfillment every day. Just from setting effective goals. Find What You Were Born For “ Book 2 will show you: “ How to control the changes in your life “ How to define and set the right goals in five steps “ How to set achievable goals in balance with the seven main areas of your life “ How to stay always motivated, and never feel like you’re wasting time “ How to manage your energy and time “ over 15+ tactics and tips “ How to discover the greatest mental blocks and limiting beliefs and how to overcome them “ Practical advice from famous experts on how to keep yourself healthy “ Key tips improve your personal relations “ Well begun is half done “ said Aristotle. So don’t hesitate. Click **BUY NOW** at the top right corner of this page and begin the best journey of your life.

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Customer Reviews

the bits in this book about time and energy management were the most valuable for me. it was a simple thing i had never really realized. we have 24 hours of time a day, but we do NOT have 24 hours of energy. the practical example at the end was also very helpful to see everything in action, because otherwise, what good are the words if they are inapplicable?

I was always pretty confused about prioritizing my goals. I never knew how can I make a healthy balance between my personal development and relationship goals for example. I really like going to the gym, and I want to be a professional body builder one day, but this requires a lot of self-discipline, special dietâ | and time. I spend a lot of time in the gym and my girlfriend often complains about it. Thanks to this book I understood how can I make a healthy balance in my life to satisfy the goal what I was born for and also the girl whom I was born to love. Pretty cheesy but true.

The author had some very good ideas for goal setting so I gave the book 4 stars. I would have given it 5 stars but I felt that I was reading some of the goals from a program that I had purchased last year. The program was excellent. The book was a good refresher.

I read a few books on goal-setting but they all were career or relationship - focused. This book explains how to set goals for seven different areas of your life, making it a useful reference. The author also gives specific examples of these goals and explains how to break them a step-by-step action plan. Very useful read.

I found the information in this book to be very interesting and useful. Before reading it I had read several books about goal setting but this one stands out mainly because the writer offers a very practical guide to setting goals plus time and energy management strategies that help.

This is an awesome book, I like how the content is organized, it'll take step by step to set up your goals. The author emphasizes the importance of the right energy management giving two options to follow, one for lazy people and one for the more active ones. I really like the idea of this step-by-step philosophy, those who are very lazy would be doomed to failure if there wasnâ™t a program for them that is easier to follow. As a start of course. Good job!

I learned so much, I have my goals with me all the time now that I've read this book. I also keep my Success Diary and I always sleep with a clear conscience that I did something useful today as well.

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