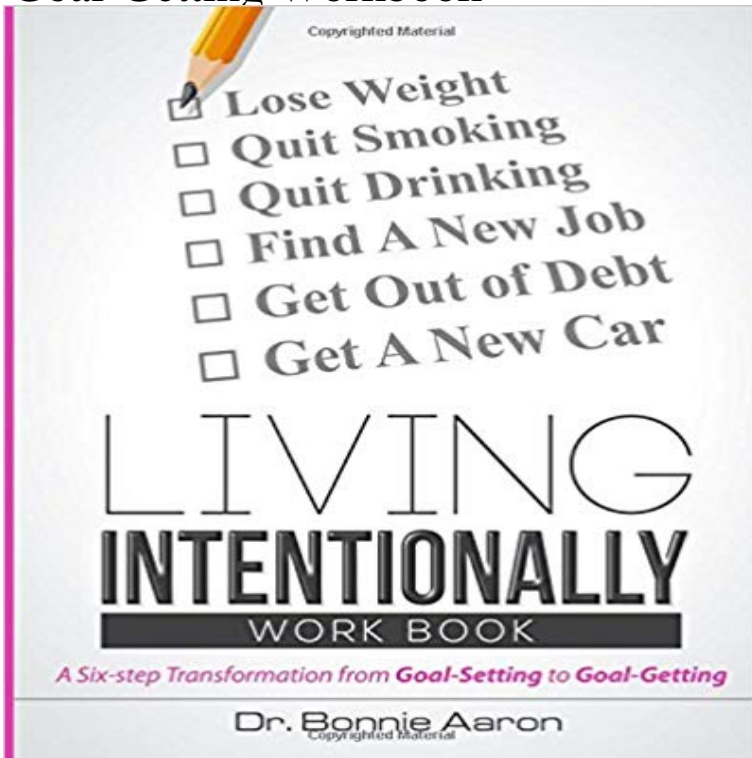


# Living Intentionally: A Six-Step Transformation from Goal-Setting to Goal-Getting Workbook



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.

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