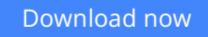


Life Planning Workbook: The Ultimate Daily Planner with Self-Help Activities and Daily Goals. Create Your Ideal Life Plan And Design The Life Of Your Dreams (How to Set Goals, Goal Setting)

Victoria Alexander



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- Life Wheel exercise
- Finding what you want and setting measurable goals
- Yearly/ monthly/ weekly goals
- Daily Goals
- Daily Comfort zone challenges
- Daily Intentions
- Daily Gratitude exercise
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