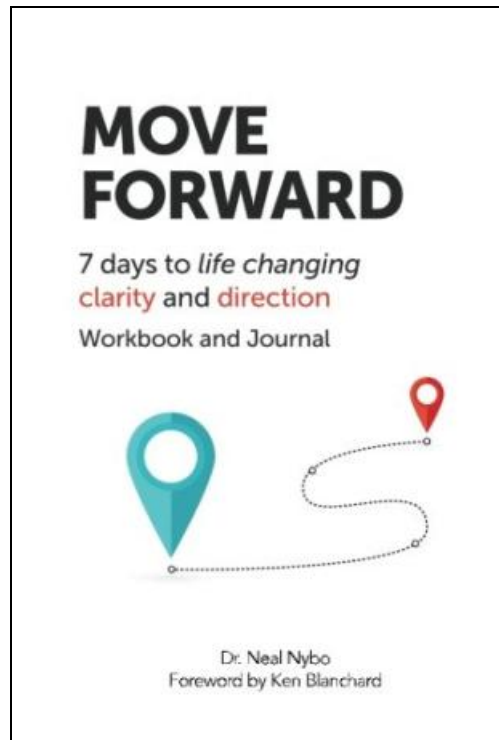


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MOVE FORWARD: SEVEN DAYS TO LIFE CHANGING CLARITY AND DIRECTION



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 88 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. The Move Forward Workbook and Journal contains a set of thought processes, exercises, and reflection opportunities. Combined, they create an environment in your heart and mind that naturally leads to Aha moments and breakthroughs in clear thinking. They center around positive events in your life. You focus on the best character elements, values, and interests that make up the core of who you are. These exercises are spread out over seven days, giving you enough time to genuinely reflect on lessons you have learned throughout your life. And the time is short enough that you can come to clarity and direction much faster than you imagined possible. A simple plan for a life-changing process First step: Create an environment in your heart and mind for clarity On days one through five you will practice exercises that develop an environment in your heart and mind that naturally results in clarity for your future and your next step. Second step: Include someone in your discovery On day six you will share what you have been learning with another person. This adds the synergy of the two of you thinking together into your internal environment. Your energy and their enthusiasm can produce the Aha moment that can help you tighten your self-perspective and solidify your thinking. Third step: Identify your direction and next step With your new insight, you have confidence and conviction about where you need to go and what personal traits you will bring with you. You will identify what elements of your life to keep, improve, and phase out. Days one through five Each of the first five days follows the same pattern. Morning section with two parts. Total minimum...



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