



Start Up Your Life: Why We Don't Know What We Want, And How to Set Goals That Really Matter

McVal Osborne

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Most of what you know about goal setting and lifestyle design is wrong. Today, almost everyone is struggling to discover their muse or find a career that is truly satisfying. This book is an attempt to consolidate the teaching of various lifestyle designers and self help gurus into one concise lesson. Whether you're looking to restart your career, set out on the adventure of a lifetime, or just looking to discover what truly makes you passionate, this book is for you.

In this five-part blueprint to living the life you want and accomplishing the goals that really matter to you will learn:

- How to cut out distractions from your daily routine to create hours of surplus time for productive work
- How to target and identify short-term and long-term goals that are truly important to you
- How to use your surplus time to take action and make progress based on those goals
- How to review and improve your goals as they change over time
- How to translate these strategies into every aspect of your life



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Paul Smith:

Spent a free time to be fun activity to try and do! A lot of people spent their down time with their family, or their particular friends. Usually they performing activity like watching television, likely to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Could be reading a book could be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to try out look for book, may be the book untitled Start Up Your Life: Why We Don't Know What We Want, And How to Set Goals That Really Matter can be great book to read. May be it could be best activity to you.

William Ward:

Is it a person who having spare time in that case spend it whole day by means of watching television programs or just laying on the bed? Do you need something new? This Start Up Your Life: Why We Don't Know What We Want, And How to Set Goals That Really Matter can be the answer, oh how comes? A book you know. You are so out of date, spending your free time by reading in this brand-new era is common not a nerd activity. So what these publications have than the others?

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