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Window to Understanding the Brain | Big ThinkBreak your mental barriers and reach your goals TEASER (goal setting via smart goals) Mindtools Life Plan Workhook Development Plan. We 've split these into three sections: 1. Understanding Yourself. 2. Defining Your Career Page 11/39

Objectives. 3. Creating Your Personal Development Plan. Each section builds on the previous one, so I encourage you to work through them in order. Enjoy using this workbook! James Manktelow, CEO, MindTools.com

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Tools

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Stop Drifting and Get the Life You Want, " co-authored with Michael Hyatt.

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these down into the smaller and smaller targets that you must hit to reach your lifetime goals.

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life 's plan, your personal guide to the future. Goals can be focused on: x Developing a new skill – perhaps you 've always wanted to learn a new language, how to dance or ...

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As you begin, you will set your intention for living a life that you desire, followed by making plans and taking action. If you remain open to the creative process during your exploration of your life through the use of this workbook and keep a spirit of "adventure and curiosity," this Page 38/39

endeavor can be very fun, exciting and empowering.

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