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## Purposeful Action: Seven Steps to Fulfillment (Paperback)

By B Freeman D D Towanna B Freeman D D, H Pellegrino Cec  
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iUniverse, United States, 2009. Paperback. Book Condition: New. 211 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Become the woman who naturally lives an abundant and purposeful life by overcoming any challenge that crosses your path. In Purposeful Action, authors and life coaches Towanna Freeman and Barbara Pellegrino present a seven-step method for identifying and effectively pursuing personal goals to fulfill your life. With a workbook format, Purposeful Action helps you recognize and reprioritize your goals and work on what's important to you by exploring six key questions: What will make you happy? What event brought you to this decision? What are your strengths and opportunities? What can prevent you from achieving your goal? What are your personal investments? When do you want to accomplish this goal? With checklists and exercises, Purposeful Action helps you develop a plan of action for living an abundant and purposeful life. You are not merely making a New Year's resolution; you are setting goals for life.



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