

## Life Purpose Playbook: The Ultimate Guide To Goal Setting And Daily Planning

By Judy Machado-Duque



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This Playbook is a workbook & productivity PLANNER and was created for the person who is ready to break free of procrastination and take their life to the next level through a visually stunning & empowering strategic planning system. The beginning of the Playbook includes: -exercises to get clear on your PURPOSE -a how to guide to create empowering goals -a 5 step system to create a powerful mission statement for your life -a built-in vision board -a goal charting system. The Life Purpose Playbook is also a 6-month daily planner (undated, so you can start anytime!) with a built-in weekly check-in system which will: -take you back to your goals in the front of the book -master the life-changing habits of strategic planning & priority scheduling. The DAILY PAGES contain the most effective & powerful productivity tools & techniques including: -daily celebration -daily gratitude -habit transformers -daily intentions -before-noon commitments All of this plus sacred geometry throughout, to color (should you choose), and to ignite your creativity and love for life!



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#### Life Purpose Playbook: The Ultimate Guide To Goal Setting And Daily Planning By Judy Machado-Duque Bibliography

Rank: #309313 in BooksPublished on: 2015-10-13Original language: English

• Number of items: 1

• Dimensions: 9.25" h x .63" w x 7.50" l, 1.07 pounds

• Binding: Paperback

• 278 pages



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#### **Editorial Review**

About the Author

Judy Machado-Duque, Productivity Coach, has created a planning system that integrates mind, body & spirit through holistic productivity. For the past two decades she has used and perfected this system and is grateful for her outstanding personal & business success. She created this planner to mirror her goal setting & daily planning system so that others too, can become empowered & alive through self discovery & time mastery.

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