



**Life Planning Workbook: The Ultimate Daily Planner with Self-Help Activities and Daily Goals. Create Your Ideal Life Plan And Design The Life Of Your Dreams (How to Set Goals, Goal Setting)**

*Victoria Alexander*

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## **Life Planning Workbook**

**The Ultimate Daily Planner with Self-Help Activities and Daily Goals. Create Your Ideal Life Plan And Design The Life Of Your Dreams**

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This Guide will help you set your goals and have daily exercises to achieve your goals. This guide includes the following exercises:

- Life Wheel exercise
- Finding what you want and setting measurable goals
- Yearly/ monthly/ weekly goals
- Daily Goals
- Daily Comfort zone challenges
- Daily Intentions
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- Daily Exercise of people you've met and how you impacted their life
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