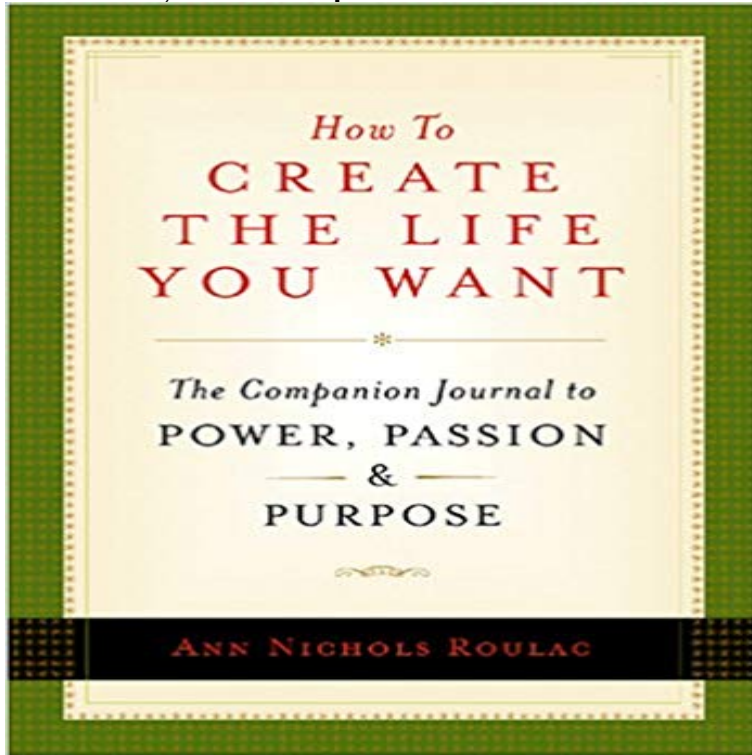


# How to Create the Life You Want: The Companion Journal to Power, Passion, and Purpose



This is a life-planning system, workbook, and journal, with quizzes and templates that will produce immediate benefits in your life. We all have the capacity to re-make our lives in ways that help us achieve our dreams. Like a story, we are each a unique work of art. And like a story that isn't finished, we have the power to change that story at any point. You can create the life you want through combining the three methods outlined here: self reflection, journaling and answering directed questions: \* Self-reflection and personal inquiry can help you to begin changing your story, to see opportunities and life situations in a new light, and to discover new ideas and new wisdom \* The journal is designed to help you examine your life and the choices you've made, and to rediscover the dreams and passions that are at the core of your life work and personal power \* The exercises and questions will help you move from self-inquiry and remembering toward the creation of a plan to manifest what you want in life

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