



Personal Growth Planner: 90 Days to a New You

By Kay R Sanders

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The Personal Growth Planner is like having your very own coach, mentor or goal setting expert which allows you to make the necessary changes in your life to get you one step closer to making ever lasting changes in your life and to live the life you truly want. This easy to follow 90 day planner is not only easy to follow but also provides incredible support that will assist you in achieving your personal and professional goals. You will be looking at your life from a different angle, which will allow you to set achievable goals. You will also be able to hold yourself accountable with the simply daily practice and action steps you set for yourself. You will be able to learn to trust yourself and to listen to your inner guidance that will allow you to access the answer you already hold within you. You will learn how to manage your time better and more effectively to get a greater control. With this 90 Day planner you will be able to achieve tremendous results in...

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