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The Life-Planning Workbook: Living your life by choice instead of chance

James Vaughan Ph.D., Peggy Vaughan

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The Life-Planning Workbook is the 119-page owner's manual you should have gotten when you entered your teen years or whenever you started to make significant life choices for yourself. The life-planning process is a result of over 40 years of life-planning work with individuals and groups. It unfolds in an easy-to-follow, self-paced workbook that lets you go as fast or as slow as you wish. Parts 1 and 2 are specifically designed to help you get a deep understanding of how you came to be the way you are and what matters most to you. Parts 3 and 4 help you decide what you want to do now and make specific, realistic plans to live the life you choose. In sum, The Life-Planning Workbook will put you firmly in the driver's seat. It will challenge you to live fully—to reach for your dreams. It doesn't tell you what to do; rather, it taps into your inner wisdom and helps you organize what you've learned, what you value and what you want to do with the rest of your life. For more, visit life-planning101.com.

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