

LOVE-YOUR-LIFE...

Wellness, Goals and Dreams

Cherish your visions and your dreams, as they are the children of your soul, the blueprints of your ultimate accomplishments. –Napoleon Hill

This is the beginning of the LOVE-YOUR-LIFE lessons

It includes an initial toolkit, a positive wellness perspective, and support.

WELLNESS, GOALS, and DREAMS

and how to create them and live them in a way that brings you JOY--and supports you in doing it.

There are things we do for money, for our livelihood, for security, for necessity sometimes...

Perhaps they serve the body; perhaps not.

Do they serve your spirit, as well?

And then there are those dreams and visions we had in younger days, and maybe some are getting stronger and more insistent now.

Or maybe we've outgrown what worked before.

Physically, mentally, emotionally, creatively, who are you now?

And who do you want to be?

Wellness, Goals, and Dreams takes you beyond the usual career and job conversation and goal-setting tools.

For two reasons:

1. The opposite of PLAY is not work; the opposite of play is *Depression*.

For your health, and love of life, there has to be some serious element of PLAY in whatever *work* you are doing, the goals you are setting, and the life you are leading.

2. As you grow in awareness and depth, the alignment of personal and professional will matter more. You want your life and work to be something honorable that aligns with and feeds your spirit, as well as your bank account.

They are not mutually exclusive.

The bottom line is that we create a life worth living, worthy of our name on it, one that sustains our body and honors our soul. That's the framework of my version of Wellness, Goals, and Dreams. You'll have the toolkit.

LOVE YOUR LIFE and WHO you are, and want to BE...starting now.

Support of our dreams makes a difference in the outcome.

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Pre-Registration required.

LOVE-YOUR-LIFE Lessons
<http://www.wonderspirit.com/lvl2010.html>