STEPS to Inspiration & JOY

Purpose Community Goal Network Project Book

Felicity Breeze Blackwater

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Goals • Health • Relationships • Business • Sustainability

"That is powerful.. it's never been done this way before."

– CAROL FARABEE, Publishing

THE TOP 100 PROJECTS

PROJECT MANAGEMENT TO STRESS WELL ON PURPOSE

PURPOSE COMMUNITY GOAL NETWORK
TEMPE, AZ

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- Goal Map (Scope, Time, Cost)
- Health (Body, Mind, Nourishment)
- Relationships (Self, Others, God)
- Business (People, Project, Process)
- Sustainability (Justice, Action, Purpose)

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RELATED WORKS (Optimizing your Space, Time, $$, Stress)

- ✓ 5 Part Project Book – Life Balance Project Management
- ✓ Monthly Project Series – QA focus areas
- ✓ Telephonic Peer Network – commit & acknowledge weekly progress
- ✓ Personal Champion – get one on one support

- ◦ The HUB Resource Center Inc – Learning, Networking & Volunteer Program
- ◦ Community Calendar - Jobbing, City, ASU, Diocese, Community, Non-profits
- ◦ Spreadsheet Series – Checklists, Activities, Information

What I Know Now
What I Know Now
What I Know Now

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introduction

Best practices from personal experience and thought leaders should be shared. Helping align life's challenges and opportunities to turn complaints and discomfort into action and appreciation.

"I wish that I knew what I know now when I was younger... when I was stronger." – The Faces

Goals for good possibilities we see for the world, and the steps to get there. By drafting assessments and plans our ideas align. It'll feel overwhelming and messy now and again, compelling fear and doubt, but this resource provides a structure to download a mind map, and create operating scope to process, revive, and inspire us onward.

Our **Health** has a direct impact on momentum and joy. We all struggle to muster our energy at times. Together, with vision and action in hand, we'll feel our change nurtured, rested, balanced, and fulfilled toward taking on the next challenge.

Relationships by divine design, are the greatest influence on our wellbeing, trust, joy, and pain. How do we see people? Are they a sum of their parts and assets? Or their feelings, and experiences just like us. Understanding our beliefs, strengths, tendencies, and different learning and communication styles, we can appreciate our uniqueness, and the uniqueness of others. Improving the quality of our communication and contributions. The, nature and potential of this divine plan we're all part of. How to express our gratitude and reconcile brokenness, to share our gifts and graces, humbly with pride.

Business Money or not, what we put our time and talent into. What value does it bring others? How do we fit in to the fabric? What do we like? What would we wish to improve? Can we improve it or remove it? How? How can we see and do it better, faster, easier? By learning from others who have already tried, tested and learned the lessons of smooth sailing.

Sustainability. Managing the best use of resources and support systems is all of our responsibility. Today, many systems are fractured allowing corrupt exploitation and perversion to cripple society by blame and division. Like using a mop to save the floor with a crack in the dam, these issues will continue pouring out [immense] economic and emotional costs, until the systems are mended. For our environment, government, education, health care, and world relations, our work is to protect the vulnerable, heal, teach and invite.

Nurturing one life skill area typically, significantly impacts the others. The order is a personal journey each hero customizes. Scan the contents and start where you feel the greatest need. Take it in layers and as you explore each pillar, we're here to support your progress toward creating the Inspiration & Joy you've always envisioned possible.

You'll find common sense topics that may go without saying. But saying them changes how we see things in context of what's happened up to today, when we may finally be ready to hear it differently.

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Vision

- WHAT does the result look like? Organized, to get more DONE and have more FUN.

Progress thru actionable information and systems. Reduce waste and increase quality and satisfaction, for the supporters of a collective good in our global community. Leaders in impacts thru partnerships, efficiency and makers not takers.

In the end, does the value exceed the cost of effort and time? Is it better to do, or outsource? Are there alternatives? Reflect as you engage your projects, resources and sharing opportunities.

Value

- WHY? To Stress Well on Purpose & EnJOY a colorFULL life balance.

Will there always be challenges? Yes. Can we have some fun managing them? _____ Each day build the legacy, practicing progress and sharing the benefits of what works in your circles and learning and sharing new ones. Sharing the pursuit of happiness in justice for all.

'You can only take what you've given.' – It's a Wonderful Life.

The Vision & Value will reinforce **Perspective & Perseverance**.

Culture

- **WHO?** Seekers, doers, makers, helpers, wanters, givers.
- WHEN? Now! How you hold back decides when [and how] you arrive.

Are we perfect? No. Are we Awesome? Yes! Can we? _____ May we? _____

Core Values

1. Support & Report (measuring, sharing results and encouragement)
2. Clean & Cleared (regularly reorganizing, decluttering space, time and mind)
3. Don't Wait or Waste (acting on opportunities now, avoiding misuse of all gifts)
4. Plan, Practice, Progress, Complete (stride as best, with the end in mind)
5. Calm Assertive (respond to challenges as training opportunities)
6. Cautiously Grateful (for opportunities and gifts that fit into our future, job done)
7. Creative Bonus (layering on the win/win in every situation)
8. Delight & Invite (enjoying and sharing with others)
9. Data and dialog. Who does it help, who does it hurt? Are the cost-benefits lasting?

Code of Ethics

1. Service based leadership
2. Patiently consider all insights without ego
3. Sustainability and scalability over short-term profit
4. Mutually beneficial cooperation ahead of competitive consumption
5. Data-driven (benefits, risks, options, costs, action steps) solution oriented

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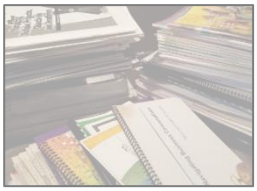
Mission

HOW? With Project Management, Tools and Techniques of great explorers and achievers.

Data, Templates, Activities, Checklists, Workshops, Community, Trackers

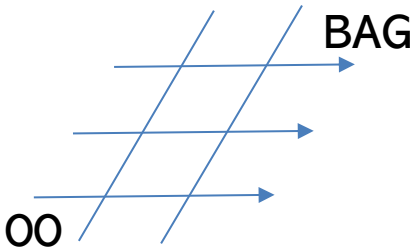


The Inputs [and Outputs] are yours.

Simplifying challenges to nurture potential. Simple does not mean easy. Bodywork and Mind-building require exercise and constant re-commitment. Our Tools and Telephonic Network are highly effective in refreshing joy thru acknowledgement. Accountability systems are critical to success and if neglected, delay outcomes and can cost relationships.

Success typically involves planning and execution, steady progress aside uncertainty and error, to improve skills with practice and flexibility. Not every variable can be anticipated, so an overly detailed a plan will not meet expectations.

LEVEL UP



BAG: Big Audacious Goal

WHY

_ Stress well, on purpose.
_Do nothing, nothing changes.

HOW

_30-60 minutes to estimate cost, time, scope.
_Evaluation – don't start if it's not **worth** the work.
_ List 5 people who can help.

Each topic includes WHAT, WHY, HOW, a STORY, MEASURES and WHAT'S NEW. Feel free to contact PurposeCommunity.org with any questions or to schedule personal project support for hands on help.

Commonly Used Terms:

- Vision & Value
- Story & Source
- Steps - Timeline
- Ingredients - Cost
- Alternative Options
- Threshold - Risk

REMINDERS

connect ideas

plan and track progress

work smarter

save time

exhale a smile

MEASURE

What are your measures of success? Divide it by measures of time for milestones. Monthly, weekly, daily actions.

Estimate the number of attempts it will take to achieve those actions to account for error.

Block time on the calendar immediately.

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1. COMMITMENT

These simple commitments offer a guide to organizing time and efforts and pay a direct investment to your outcomes.

*not prescript in exploring a strict order. Yours for the journey.

A valuable pattern and pace will emerge, and the world opens up to put golden resources in the path. People and ideas, feelings and purpose. Help is found to support the hurdles. Fear-less, the challenge of explaining, appreciate curiosity. Ask for and give opportunities.

Level 1 Green Belt (Goals) – Organizing & Supporting Valuable Goals

- ☐ Participate in the Group Series (purposecommunity.org/events)
- ☐ Complete 3 consecutive Goals in 10+ Steps - Tracking Progress & Accountability
- ☐ Work thru the Activities organized for your Success (section: Goal Map)

Level 2 Yellow Belt (Health)

- ☐ Understand your anatomy, physiology, family history, and chart current conditions
- ☐ Map and track intervals of nutrition, fasting, movement and renewal – 3 months
- ☐ Invite a loved one to share the journey

Level 3 Red Belt (Relationships)

- ☐ Identify your Strengths, Colors pattern, Disc, Learning & Communication styles
- ☐ Catalog your circles, champions, and mutual support values – Sign a 3-year plan
- ☐ Exercise your beliefs

Level 4 Blue Belt (Business)

- ☐ Evaluate your position impact, succession plan, productivity
- ☐ Build complementary associations, innovations and collaborations
- ☐ Create a culture of shared success, recognition and excellence

Level 5 Black Belt (Sustainability)

- ☐ Know local/federal policy agendas, candidates, positions, and vote
- ☐ Volunteer (group/individual) 1 hour/month+
- ☐ Socially discuss spiritual/political beliefs. Kindly, not disregarding or attacking, just sharing humble solutions in truth.

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2. PROJECT MAP

Pre-Requisites – **Ready** to commit to progress, use resources, and share gifts.
Bonus Benefits – Be able to explain, invite, and enjoy progress and results.
Objective – Planning to reduce stress, cost, time & support greater impacts & achievement.

Parts:	Process:				
	Initiate	Plan	Execute	Monitor & Control/Adjust	Close
Integration	Develop a Charter (what/why)	Develop a Plan (who, how, when)	Direct & Manage Work	Monitor & Control Work Integrate Change	Complete or Transition
Scope		Plan Scope Set Requirements Refine Scope Create WBS*		Validate Scope Control Scope	
Time		Plan Schedule Define Activities Sequence Activities Estimate Resources Estimate Duration Refine Schedule		Control Schedule	
Cost		Plan Costs Estimate Costs Refine Budget		Control Costs	
Quality		Plan QA	Perform QA	Control QA	
Human Resources		Plan Helper Resources	Acquire Develop		
Communication		Plan Communication	Manage Comm	Control Comm	Complete Comm
Risk		Identify Risks Qualitative/ Counts Plan Risk Response		Control Risk	
Procurement		Plan Procurement	Contract Helpers	Control Procurements	Thank Contracts
Stakeholders	Identify Impacted	Plan Roles (RACI)	Manage Roles	Control Engagement	

*WBS Work Breakdown Structure – Steps, Owners/Helpers, Tools, Dependencies
*QA Quality Assurance – ensuring minimum viable product meets agreed expectations
RACI – Responsible, Accountable, Consulted, Informed
DRIVIT – Decision Maker, Responsible, Informed, Veto, Tie Breaker

It's awesome that something so simple could be so effective. Start with a grid.

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PART 1 | GOALS

Success and Joy require an honest valuation of Commitment & required resources.

Lifestyle choices can result in pain but organizing ideas, space and time provides a mental download, putting subconscious creativity to on autopilot [cleaning, playing a simple game], giving our inner child permission to value thought-less time to foster natural ideas. Reminding us to BREATHE into our goals.

What are you hoping for that is achievable?
What are the steps you know to get there? What are things that could block the way?

The list gets bigger, re-arrange the list based on urgency, value, achievability, some steps fall away. Do you need someone's help? What can they do? What can you do for them in return?
Choice is your powerful ally in this Change. ABCs – Attitude, Benefits, Calendar

TIME

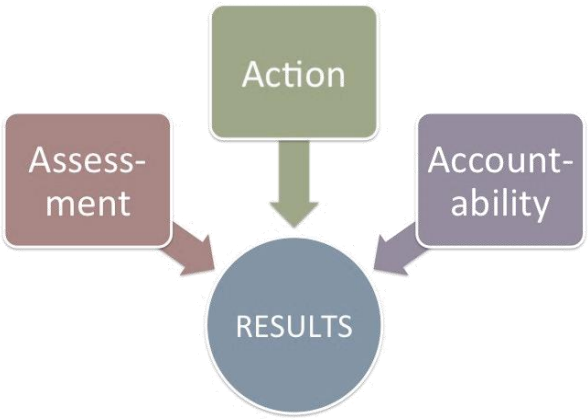
3. Time Management – Block, Prime, Anchors
4. Calendar
5. Organize – Function, Flow, Home
6. Workflows

COST

7. Minimize to Maximize MINDSET
8. Maximize the Closet
9. Design on a dime
10. Discard, Donate, Gift, Keep
11. Daily Reminders
12. Reflection
13. Feeling
14. Action

SCOPE

15. Wheel of Change
16. Stages of Change
17. **Goals & Steps**
18. Prioritize Urgent – Important
19. Supplies



Nothing in the world can take the place of persistence.
Talent will not: Nothing is more common than unsuccessful men with talent.
Genius will not: Unrewarded genius is almost a proverb.
Education will not: The world is full of educated derelicts.
Persistence and determination alone are omnipotent. - Calvin Coolidge

- ☐ Know your outcome – success is inevitable
- ☐ Take action – it's not over until you give up
- ☐ Notice responses (counter or productive)
- ☐ Be flexible in approach (adjust, resolve)

5-minute Meditation: Sit comfortably, breathe, close your eyes, connect to your deeper self.

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PART 2 | HEALTH

'First, do no harm' begins the Physician's Code of Ethics. Useful in Relationships & Business, best practice is to listen, decipher and apply cost-benefit thoughts and actions. Life operates around thresholds of tolerance and advantage whether biology, emotion, or profit. Balance.

We live and are rooted in bolstering wellbeing for ourselves and others, which motivates continuous action. However, repetitive use and neglect impairs our function, productivity, and satisfaction in quality of living. Tired, hungry, and pain (headache, back, shoulders, feet, stomach) are symptoms and obstacles to our potential joy. What is the cost?

Body - Assessment

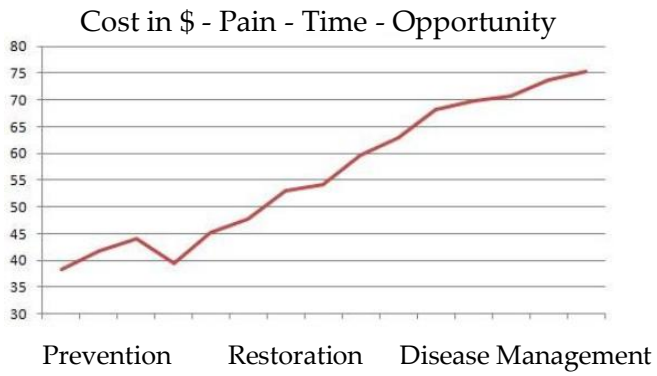
20. Musculoskeletal
21. Circulatory System
22. Organ Function
23. Common Conditions

Mind

24. Brain Matter
25. Common Conditions
26. Common Addictions
27. Reconciliation Recovery
28. Stress Management

Nourishment

29. O2
30. H2O
31. Nutrition
32. Fasting
33. Stretch
34. Strength
35. Stamina
36. Bodywork
37. Rest
38. Hygiene



Stressors are inevitable and essential to life. People lose their health to make money, and then spend money to regain their health. We'll work on a blueprint for manageable incremental, and cyclical improvements. Measuring and recovering from setbacks. Ideally 80% of the time you'll be on the right side.

Blue Zones Power 9 principals gathered common practices in centenarian [age 100+] clusters in the world, still happily physically active contributors in their communities as exemplar of vitality, in longevity. A framework for a spiritual and material reference.

"There is no other factor – not diet, smoking, exercise, stress, genetics, drugs, surgery – that has a greater impact on our quality of life than interpersonal relationships." Dr. Dean Ornish

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PART 3 | RELATIONSHIPS

Learning to Care. #I see you. I like your style. I'll help where I can. Love is in the details. Best practice is to listen, decipher and apply cost-benefit to thoughts and actions. Life operates around thresholds of tolerance and value in biology, emotion, and/or profit. Balance.

To put faith and others first, we must first understand patterns. Whether a client, romance, or friend; relationships create joy, opportunity and purpose. Knowing our strengths, thrills and values create a foundation for essential supportive relationships in our lifetime.

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39. Support Network .....**Error! Bookmark not defined.**
40. Strengths.....**Error! Bookmark not defined.**
41. Perspective - Perception .....**Error! Bookmark not defined.**
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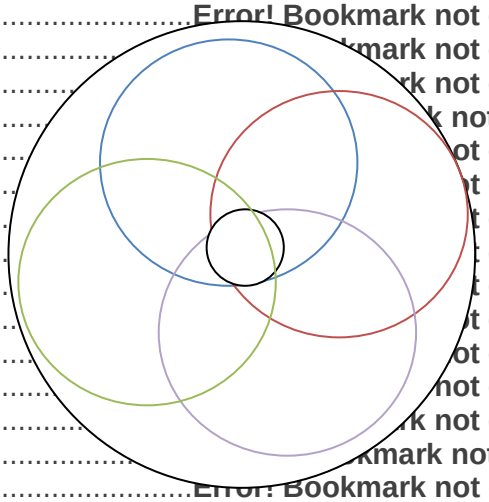

Self is the reference point we measure things against. Based on the reflection of our upbringing and environment. What we've been taught a standard of performance (i.e. low expectations, sets the bar high) and what we've experienced, seen or perceived has changed me. Personality - character, nature, behavior, temperament, outlook disposition.

Essential supportive relationships take priority for time, promote talent, and compound effective decisions for treasure. These people energize and invigorate us, encourage and challenge the best. We need feedback. EQ, IQ, SQ, PQ

Considering primary key relationships in life [at this time] ask

- What do they need? – Do I have that to give?
- What do I need? Do they have that to give?

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PART 4 | BUSINESS

Business is trade to leverage needs and wants. Like Health & Relationships, best practice is to listen, decipher and trade cost-benefit ideas and actions. Life operates around thresholds of tolerance and advantage. Balance.

Two ways to increase earnings are 1.) grow contributors or 2.) improve efficiency.
If workflows don't support demand, it's difficult and risky to increase commitments. Without proper planning and preparation, quality control and customer service suffer. Even the best Sales teams struggle against failing delivery, and credibility. Desperation and stress bring out the worst in people. So the importance of a balanced business solution, model and support team are worth investing in.

Any investment of time and ability, that is service-based, and aspires to satisfy one or more of :

- ☐ Social need
- ☐ Market demand
- ☐ Customer request
- ☐ Organizational need
- ☐ Technological advance
- ☐ Legal requirement
- ☐ Ecological impact

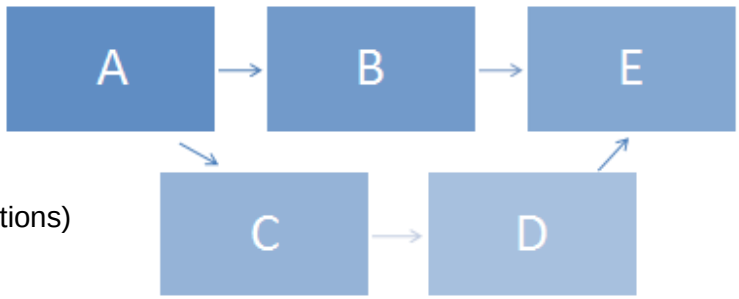
Understand and use mega trends. Build it so it can run without you, grow in less time, achieve results, and share value with others.

People

62. Talent Team (Search, Resume, Interview)
63. Onboarding (Training Culture)
64. Succession Planning & Retirement
65. Performance & Benefits

Projects

66. Data Analysis
67. Reporting & Presentations
68. Communication Channels
69. Marketing (Brand, Channels, Protections)
70. Sales



Process

71. Project Management
72. Quality Assurance
73. Process Improvement
74. Customer Service
75. Finance Values
76. Budget
77. Files

Automation compounds efficiency. Physical or digital routine reduces variance, maximizing decision making and building. Documentation supports clarity, transparency, resolutions and innovation.
The primary purpose of work is not $ money, which is good and necessary, but work is to help us be who God created us to be. – Matthew Kelly - Offer every hour for a purpose.

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PART 5 | SUSTAINABILITY

Coordination of environmental, social and financial demands to ensure responsible, ethical and ongoing success.

Best practice is to listen, decipher and share cost-benefit ideas and actions. Life operates around thresholds of tolerance and advantage. There will always be unintended consequences, but with a method & consistent improvement, Benefits can Balance.

Poverty and corruption live in an antiquated system, edited by wealthy puppeteers. Sold by propaganda media, feeding the fear of futility that nothing one person does will change the world.

Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it's the only thing that ever has. - Margaret Mead

PURPOSE

78. Education
79. Innovation
80. Legacy

ENVIRONMENT

81. Plants
82. Animals
83. Renewable Energy
84. Fossil Fuels
85. Waste

GOVERNMENT

86. Public Sectors
87. Government
88. Tax Agendas
89. Law Making
90. Campaigns
91. Historic Events Reference
92. Presidential Legacy
93. Declaration of Independence
94. Constitution & Amendments

Image: Decided Excellence Media

Ideals, declarations, and affirmations make change. All men are created equal, pay equal, to freely fulfill individual talents/gifts in serving one another. Competing against the few bred to take as much as possible, at the cost of society's wellness, and the cost of their soul. Absolute power corrupts absolutely. Where will it go?

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95. RESOURCES

Year	Author/Artist	Title/Organization	Topic	Pages
2006	Rob Wagner, James Harter	12 Elements of Great Managing		
2018	Jordan Peterson	12 Rules of Life		
1999	Jeanne Rose	375 Essential Oils		
1992	Gary Chapman	5 Love Languages		
1973	Matthew Kelly			
1992	Jonathan Fox	Acts of Service		
1995	Anonymous	Adherents		
1939	Bill W. & Dr. Bob	Alcoholics Anonymous Handbook		
	Nicholas Christakis	Maximize Behavior Change		
2015	Gretchen Rubin	Better than Before		
2008	Buettner, Dan	Blue Zones		
		Caregivers Guide		
2006	Millan, Cesar	Cesar's Way		
2016	Nicholas Christakis	Hidden Influence of Social Networks		
2012	Danielle LaPorte	Desire Map		
	William Moulton Marston	DISC		
2012	Allen R Hunt	Everybody Needs to Forgive Somebody		
	Lifetime Fitness	Experience Life Magazine		
1997	Don Miguel Ruiz	Four Agreements		
	Kitty Campbell	Friendship: When its Easy and When it's Not		
2004	Rath, Tom	Gallup – Q12 & Strengths Finder		
2010	Rath, Tom; Harter, Jim	Gallup Well Being: 5 Elements		
2006	Christopher West	God's Plan for a Joy-Filled Marriage		
2001	Jim Collins	Good to Great		
2011	Karen and Larry Dwyer	Lectio Divina Guide - IPF Publications		
1998	Ken Blanchard	Gung Ho - Turning On the People in Any Organization		
2002	Francois Lelord	Hector and the Search for Happiness		
2012	Tom Shadyac	I AM		
2015	Amy Poehlr	Inside Out		
1946	Frank Copela	It’s a Wonderful Life		
2009	The Arbinger Institute	Leadership and Self-Deception		
	Patrick Edwards	Leadership Foundations		
2013	John C Maxwell	Level 5 Leadership		
2004	Stephen Pullan, Mark Levine	Lifescripts		
	Bob Wilson, Beth Balschi	Navigating Business Conversations		
	Instagram	Nifty		
2018	Dr. Jason Fung	Obesity Code		
2012	Jack Canfield	Pearls of Wisdom		

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Year	Author/Artist	Title/Organization	Topic	Pages
2017	Matthew Kelly	Perfectly Yourself		
	https://www.petcoach.co/	Pet Coach		
	https://www.pewresearch.org/	Pew Research Center		
2004	Larry Wilson and Hersch Wilson	Play to Win!: Growth Over Fear		
1998	David Keirsey -Temperaments	Please Understand Me		
	Project Management Institute	PMBOK Guide		
2008	Fr. Dwight Longenecker	Praying the Rosary for Inner Healing		
1995	Dr. Dean Ornish	Program for Reversing Heart Disease		
2002	Suze Orman	Protection Portfolio		
2016	Matthew Kelly	Resisting Happiness	7 Pillars of Faith CD	
	Rebecca Pacheco	Runners World		
	Arizona@Work	S.O.A.R. Program		
2019	Proud to Protect, LLC	Safe Environment Training		
	Dew Tinnin	SalesCoachDew.com		
		Sanford Inspire		
2000	Anna Quindlen	Short Guide to Happy Life		
		SkillPath Corporate Strategies		
	Mike Markel	Technical Communication		
2006	Paulo Coelho	The Alchemist		
2007	Julia Cameron	The Artists Way		
2011	Atul Gawande	The Checklist Manifesto		
2003	Don Miguel Ruiz	The Four Agreements		
2006	Jeff Cavins	The Great Adventure Bible Timeline		
2016	Annie Brock, Heather Hundley	The Growth Mindset Coach		
2000	Mother Theresa	The Joy in Loving		
2007	Randy Pausch	The Last Lecture		
2006	Rhonda Byrne	The Secret		
1994	Ulrich Tobias, Cynthia	The Way They Learn		
2017		ThinkHR		
2013	Dave Ramsey	Total Money Makeover		
2013	SWIHA	Transformational Life Coaching		
2013	Intrinsic Systems, LLC	True Colors		
1997	Tony Robins	Unlimited Power		
2012	Seth Godin	What is School for?		
2007	Suze Orman	Young, Fabulous, & Broke		
2013	Bea Johnson	Zero Waste Home		
		CMS Annual Stats		
		City Program Spending/Results		
2018	Kon Mari	Life-Changing Magic of Tidying Up		

Various Google Talks, TED conferences, Networking Events and Community presentations

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AUTHOR

20 years in performance delivery large and small, impacting millions of individual's personal goals. Felicity works to inspire a lessons learned approach to saving time, money, and stress. Affiliates and influences span from Arizona State University to PMI and the cross section of others referenced in these various program materials.

These life balance practices are intended to make good choices easier, and achievable with practice. Every step is a step closer to where you're going. Thomas Edison learned 1000 ways not to make a light bulb. But the lightbulb may have lit faster, easier, more fun with a committed partner. - - Here we are. Your committed partners in the journey to success. Pay it forward.

Sharing lessons not to fear mistakes, but to avoid wasted mistakes and opportunities. Find what inspires you in the fewest steps to the greatest outcome. Map, act and enjoy each measure of your success. Find the art of being human, try everything.

Love calls for the gifts and abilities within us. Gives purpose to our actions. Highly successful organizations help improve the lives of others. Somewhere along the way, greed may give way to corrupt value, but that doesn't negate the fact that there is always potential to return to service of others. There are inherent temptations of temporary gratification, but that short satisfaction often harbors tenfold cost. The question 'how can I help' preserves more fulfillment and inspiration.

DEDICATION:

Thank you to my family, friends, coworkers, and community for your contributions, confidence and help saving time and money learning from other's life experiences, and achievements. To my father, who watches over me. To the angels and saints and the gifts of God, who inspires joy and love.

I wish for you the life you've always dreamed of.
Less stress, anxiety, conflict. Pause in time, gratefully, to share loving solutions.

When you order from my website, your workbook will be signed as a token of appreciation.
Thank you for investing in Purpose Community.

Questions or Ideas? Don't hesitate to ask for or offer resources that enhance our collective service delivery and quality of living. Any contributions added to this collection will be awarded a grant toward additional services. Send to theGoalCoachingNetwork@gmail.com

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