



REINVENTING YOURSELF THROUGH PERSONAL STRATEGIC PLANNING

Danie Beaulieu

An essential book for anyone seeking a more fulfilling life.

208 pages

October 2019

Éditions de l'Homme

Personal strategic planning is a programme of exercises to help you examine your life and activities from all angles, so as to see where you are and what you have to do to reach your goals. This programme may cause you to feel a burst of enthusiasm, a bubbling up of creativity and a sense of power. To start with, you'll sign a contract with yourself in which you commit to making the most of your potential and your talents, while respecting your values. Then, you'll get back in touch with your deepest self and regain the ability to experience your passions and carry out your mission. By taking the time to complete the journey suggested by the author and do the required exercises, you'll create for yourself the most extraordinary future possible.

Strong points

- This self-coaching approach includes a mission statement, goals, exercises, tests, an assessment, suggestions, an organizational chart, etc.
- A method that can be used by families, couples, or individuals.

A doctor of psychology, Danie Beaulieu has taught in roughly fifteen countries in French, English and German. A lecturer and the author of 21 books on personal growth, she has profoundly changed the practices of thousands of professionals worldwide and continues to inspire both parents and the general public.

By the same author
IT'S ALL GOOD!

100 TIPS FOR IMPROVING YOUR
RELATIONSHIP WITH CHILDREN

100 TIPS FOR IMPROVING YOUR
RELATIONSHIP WITH TEENS

