



A Year For Change: 52 Simple Steps to Transform Your Life

Tom Miles

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Do you want to live a life of fulfillment and contentment, to know that you have pushed yourself to the maximum and have not wasted a shred of the potential that lies in you. To meet more people, be the best person that you can be and leave a legacy that will last for generations?


Having a life of fulfillment, health, wealth and happiness is not for the few. We ALL have the potential to lead such a life. We are ALL responsible for the life that we have experienced so far, and we're ALL accountable for the life that awaits us. In "A Year For Change" you'll be opened up to new opportunities, exposed to new experiences, and it'll take you out of your comfort zone, if you allow it to do so. The choice is yours. You are capable of experiencing a fulfilled life, but you must be open and willing to take the appropriate action. This book explores all the habits and attitudes that create success in **12 broad categories**. Within each of the categories are a handful of actionable habits, truisms and pieces of advice. The total of which is 52, one for each week of the year. **52 specific areas of your life**, and **52 weekly challenges**. The challenges in this book have been tailored to have simple, day-to-day components that will build towards the greater goal. These aren't meant to be '*tried on*' for just the week they're in and discarded. Each week is for you to start on those good habits, establish and maintain them. As you go through the year you will keep accumulating these habits until you have a suite of them that will create **untold happiness and success in your life**.

The 12 Categories Include:

- MINDSET
- SPIRITUALITY
- LIFE PRINCIPLES
- EMOTIONAL INTELLIGENCE
- HEALTH & FITNESS
- SOCIAL LIFE & FRIENDSHIP
- LOVE & ROMANCE
- HOME & FAMILY
- WORK & CAREER
- WEALTH & FINANCE
- MENTAL DEVELOPMENT & LEARNING
- LIFE PURPOSE & CONTRIBUTION

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