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Start Up Your Life: Why We Don't Know What We Want, And How to Set Goals That Really Matter

McVal Osborne

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Most of what you know about goal setting and lifestyle design is wrong. Today, almost everyone is struggling to discover their muse or find a career that is truly satisfying. This book is an attempt to consolidate the teaching of various lifestyle designers and self help gurus into one concise lesson. Whether you're looking to restart your career, set out on the adventure of a lifetime, or just looking to discover what truly makes you passionate, this book is for you.

In this five-part blueprint to living the life you want and accomplishing the goals that really matter to you will learn:
- How to cut out distractions from your daily routine to create hours of surplus time for productive work
- How to target and identify short-term and long-term goals that are truly important to you
- How to use your surplus time to take action and make progress based on those goals
- How to review and improve your goals as they change over time
- How to translate these strategies into every aspect of your life

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