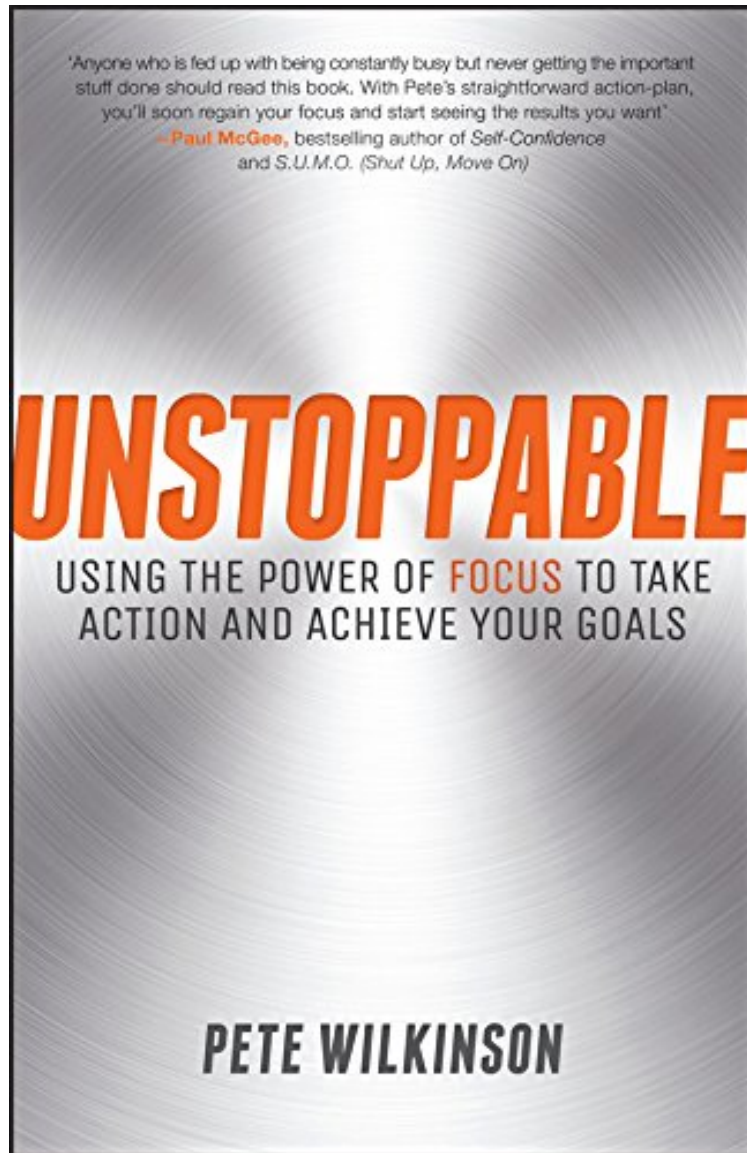


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Unstoppable: Using the Power of Focus to Take Action and Achieve your Goals

Pete Wilkinson

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valuable resource for anyone wanting to improve and build their business, or any facet of their lives by the power of Focus and Action. Pete takes us through identifying both our good and bad habits, how they affect us and replacing bad habits with new success habits. Next we begin to build our 1-3-5 Action Plan, starting with creating our Vision for our future lives, dividing this into 3 Core Objectives for this Vision, then working out 5 Goals for each Core Objective which will move us closer towards our Vision. The next part of the book focuses on developing 4 key success skills- Leadership, Personal Organisation, Relationship building and Key Strength Development. Finally, he ends with a 7 step plan we can utilise to create an awesome next 12 months achieving our objectives. There are exercises throughout the book to help us dig deep and really understand what we want and what it will take to get it, along with lots of useful insight and information. Well worth a read for any budding entrepreneur or anyone aspiring to create a rich and fulfilling life for themselves and their family. 0 of 0 people found the following review helpful. Good personal achievement book By Dr. Peter Davies This is a well written book. It's in the genre about personal achievement. This one is very good at getting your goals and the steps towards achieving them as specific as possible...so you will take action on them. His writing is clear, brief and with good examples. There is a website with supporting materials on it. If you are chasing a goal, or if you haven't yet defined your goal this book is helpful

BE DETERMINED. BE DRIVEN. BE UNSTOPPABLE. Don't just coast through life; power through. Stop making plans that don't come to fruition. Everyone's busy, but nobody's getting much done. It's time to start achieving our life goals and not letting life itself get in the way. **GET ORGANIZED. LEAD. BUILD RELATIONSHIPS. DELIVER RESULTS.** With training from accomplished business coach and endurance triathlete Pete Wilkinson, you'll learn how to hone a razor sharp focus, keep driving through to the finishing line and become what you've always wanted to be. You'll learn how to be more productive, expand your support system, and make things happen. You'll discover your strengths and weaknesses, and how to leverage one and delegate the other. With a practical, straightforward action plan for life, Unstoppable will help you: Gain a crystal-clear overall focus Direct your attention to key areas of priority Lead yourself and others more effectively Make the most of each day's 86,400 seconds Improve personal and professional relationships So, dust off your aspirations and drag them into the light. Get rid of the frustration, regain your focus, and start making your goals a priority. Unstoppable gives you a roadmap to your very best destination.

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