



Be Your Own Best Life Coach: Take charge and live the life you always wanted (52 Brilliant Ideas)

Jackee Holder

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Be your own best life coach is an inspirational guide to help readers take control of their lives and motivate themselves effectively so they can achieve their goals. Packed with advice to help readers realise their ambitions and shrug off the fears holding them back, covering everything self-starters need so they can identify their issues and resolve them by acting as their own life coaches. Practical and easy to implement, the advice includes ideas for staying true to yourself, ways to prioritise what is truly important (and get rid of what isn't), tips on performing spot checks and assessing progress, expert ideas for coping with stress and looking after yourself, tools for breaking projects down into manageable chunks that add up to big results, ways to remain resilient and learn from failure, motivation techniques for staying focused, and advice for accepting and loving yourself so you can realise your true potential. This book is simply brilliant. It offers fantastic expert tips and advice to empower readers to achieve their plans, on their own terms. All ideas are tried and tested - discover effective and practical ideas for making positive life changes.

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