

Whether you realize it or not, you are master of your own universe. You are an expert at what you love and what you do. The trick is to combine what you love and what you do in order to live the life of your dreams. Then you know that you are master of your own universe. You feel your power and know how to use it to get what you want. In this book, personal and professional development coach Kelly Eckert walks you through setting goals, making sure you really want those goals, figuring out how to achieve your goals, dealing with obstacles, and eliminating fear. You will learn how to set outcome goals and strategy goals; the three keys to fulfilling your goals: passion, people, and perseverance; how to align your goals with your passions; how to get the resources you need by mining the people you already know; the difference between potholes and roadblocks and which ones to expect with which goals; how to overcome obstacles; how to eliminate the fears that hold you back from achieving your goals; and how to stay motivated by staying focused on outcome goals and reducing attachment to strategy goals.

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