

# 12-Step Guide to Having a Meaningful Life and Getting Things Done

If you're like most people, you probably have a lot of goals and dreams. You want to be successful, have a happy family, and make a difference in the world. But how do you get from where you are now to where you want to be? How do you make your dreams a reality?

There are no easy answers to these questions. But there is a process you can follow to make your dreams more attainable. This process is called "12-step guide to having a meaningful life and getting things done."



## Workaholic?: A 12-step guide to having a life AND getting things done by Maria Matarelli

★★★★☆ 4.4 out of 5

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Enhanced typesetting	: Enabled
Word Wise	: Enabled
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The 12 steps are:

1. **Identify your core values.** What is most important to you in life? What are your guiding principles? Once you know what your core values are, you can start to make decisions that are aligned with them.

2. **Set goals.** Once you know what's important to you, you can start to set goals that are meaningful and achievable. Goals should be specific, measurable, attainable, relevant, and time-bound (SMART).
3. **Create a plan.** Once you have set goals, you need to create a plan for how you're going to achieve them. This plan should include specific steps that you need to take, as well as a timeline for when you need to complete them.
4. **Take action.** The most important step is to take action. Don't wait for the perfect moment to start working towards your goals. Start today, even if you don't know exactly what you're doing.
5. **Stay motivated.** There will be times when you lose motivation. But it's important to keep going, even when it's tough. Remember your goals, and keep reminding yourself why you're working towards them.
6. **Don't give up.** There will be setbacks along the way. But don't give up. Learn from your mistakes, and keep moving forward.
7. **Celebrate your successes.** As you reach your goals, take the time to celebrate your successes. This will help you stay motivated, and it will also remind you of how far you've come.
8. **Give back.** Once you have achieved your goals, don't forget to give back to your community. Help others to achieve their goals, and make a difference in the world.

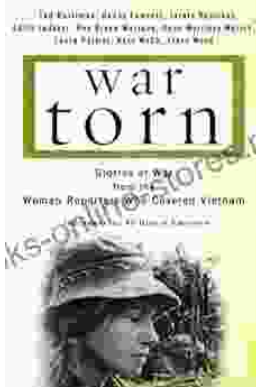
Following these 12 steps can help you to have a more meaningful life and get things done. It's not an easy process, but it's worth it. If you're willing to put in the work, you can achieve anything you set your mind to.



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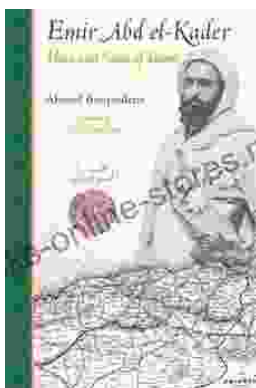
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