



Get A Life! 8 Steps to Create Your Own Life List

Stephanie Bond

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Are you bored? Feeling uninspired? Escape the everyday minutiae of life by creating your own Life List! This how-to short will give you a quick blueprint for brainstorming your own Life List, either on your own or as a fun activity with friends and family.

Praise for GET A LIFE! 8 STEPS TO CREATE YOUR OWN LIFE LIST:

"Introspection and reflection are critical aspects of my executive coaching practice in the corporate world. Stephanie Bond's Life List is a perfect use of similar techniques in order to achieve personal hopes, dreams, and aspirations. Her process is fun and it works--give it a try." --Grace P. Waldrop, President, Grace P. Waldrop Consulting, Inc., Atlanta, GA

"Stephanie Bond has guided her life in an incredible direction-accomplishing so many things most people only talk about. I am excited that she is sharing her Life List process. It is such a useful tool for anyone who wants to put their life-personally and professionally-on a rewarding path. It works!" --Jacki Jaynes, President, TCM, Inc., a project management firm in Atlanta, GA

So what are you waiting for? Get a Life List!

Get A Life! 8 Steps to Create Your Own Life List Details

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From Reader Review Get A Life! 8 Steps to Create Your Own Life List for online ebook

Lisa says

Not a book and nothing new imo. Not helpful at all. Make a list and do it - there, you've read the article ?

Jacki King says

Bond is a brilliant writer who's also a brilliant business woman, and her no-nonsense approach to life is easily applicable to writing and working, as well. This is a quick, sensible, easy-to-follow read that I found immensely inspirational.

Yvensong says

This is a quick read and gets you started in making a useful Life List.

Leanne says

This book took 8 minutes to read. It's more like a pamphlet. Don't bother.

Meghan says

I'm a fan of self-help books - and I have a HUGE life list, one that I work on accomplishing things from as often as I can. I found this book on Freebooksy one day and decided that I had to give it a chance - I mean, it's short, it's free (well, now it's like \$0.99) and it's talking about something I really enjoy - why not? It really wasn't bad at all. It does give some information that I already knew, but it was clever the way that it was written and was very motivational. :)

Susan says

You can form and do what this book suggests to create your bucket list and start doing the things on it. You can read the book in about 10 minutes!

Mickey Reed says

See full review here!

I received a free copy of this book from the author. Here's my honest review:

I am so inspired to make a life list!! And it honestly helps that I've been making some (hopefully) life-changing decisions lately, like going back to school and cutting back on work to make school happen. It's time I got my life in order, and this was JUST the book I needed.

Bond does not tell you HOW to get these things accomplished. That's not what this book is for. This book will help you to figure out what you want from life. Then it shows you how and when to try to make time for it. It's up to you to accomplish those things when you finish your own life list. But this book certainly motivates you want to do so!

Eight steps isn't a lot. They're not all easy, but they aren't all hard. Every one of them is designed to help you get to the bottom of what you want to accomplish in life, big or small. Bond encourages you to dig deep, dream big, and remember that everything can change. If you use these steps, you may surprise yourself by what you learn. You may already have ideas, but this small, short book will help kick start you into making your list and figuring out how to accomplish everything.

I was taking notes while reading this book. Then I decided to finish reading and make my life list after. I already have some ideas, but I'd love to hear yours and maybe even start a group to help keep each other motivated or keep track of our life lists together! Thanks to Stephanie Bond for this awesome how-to!

Wynn says

Thanks to Stephanie Bond for the free copy

As one of the great unemployed, I have been trying to figure out what to do with my life. I honestly don't see much hope and usually curl up in my bed to watch Family Feud. What I realized from this very short how-to is that life is truly passing me by. Even though I'm ummm...up in age, I still have dreams & things I want to do. Somehow I have forgotten that. Following Bond's 8 steps to create my personal life list will help me reach the goal of seeing my forgotten dreams fulfilled at any level.

What I have also forgotten in my unemployment despair is how absolutely beautiful the world around me can be and that it is filled with possibilities. I needed that reminder and her sample questions were thought provoking. So if you are down in the dumps this short will hopefully guide you in lifting your spirits and inspire you to live your life as much as you can!

Amazon says the download is equivalent to about 23 pages. Those pages include the table of contents, disclaimers/publishing info, praise quotes, about the author section, and the actual 8 steps. This is very short, but I think the 8 steps are worth studying and trying out.

Therese says

\$0.0

I'm always looking for ideas to expand my horizons, and there are many good ones in here but none that I found beneficial for me. Still this is a good guide if someone is looking for that something more. It is a good article to start a new year with or any time you are looking for a change and are willing to take action. (Best done with at least one friend, preferably more.)

Aisha Oaktree says

review pending

Wendy says

I highly recommend that you take a few minutes to read this book and then a lifetime to write and edit your life list as you grow and/or accomplish your dreams. I am writing mine today....This book inspired me and reminded me that it's never too late to accomplish your dreams.

Rosa M. says

This is a quick, to-the-point practical little book. I enjoyed reading it and have referred back to it. Some of the techniques suggested are refreshing, and it actually has something new to say. Creating the life list as the author suggests can lead to all kinds of success.

Kay says

I expected advice with more panache from Stephanie Bond!

Michelle says

This book will take less than 30 minutes to read, yet the advice is invaluable for anyone who feels stuck in a rut and lacking the imagination to identify and make their dreams come true. Excellent read!

Lauren says

At first glance I thought... how stupid... this is a to do list brochure, but then I saw a few things I hadn't even considered to put on a to do list such as spiritual, social, and community goals.

I decided before I would chuck it in the cloud pile... to try it. I found that with examples Stephanie gives it reminded me of forgotten goals. I wrote down a few given and then my own and my to do list did become a life list.

But the main reason I enjoyed this exercise was it helped me get out of this terrible rut of aimlessness I

have been in. I checked off easy things which motivated me to go for larger things. Then add big dreams. I recommend for anyone who might be feeling from mildly to crazy depressed to try even if it does seem silly. The results and rewards are worth it.
