



# Create A Powerful Life Plan! 3 Simple Steps to Your Ideal Life

*Connie E. Sokol*

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## **Create A Powerful Life Plan! 3 Simple Steps to Your Ideal Life** Connie E. Sokol

Ready to jumpstart your life, but not sure how?

Years ago I was fat, unfulfilled, and unfocused. Then I got serious about making changes, writing an achievable life vision and goals. Starting with weight, I lost twenty-five pounds and gained great energy. This motivated me to organize my home and time, rediscover the joy in parenting, and speak professionally part-time to share with others what I had learned.

That was my ideal life change, what's yours?

Create a Powerful Life Plan: 3 Simple Steps to Your Ideal Life! will help you achieve life changes in three stress-free steps. You'll learn how to create a clear vision of your ideal life. Then, how to set and achieve simple, enjoyable goals to make that vision a reality. And finally, what to do when you become stuck, fearful, or frustrated.

You'll also read the real-life experiences of five women who put their Life Plan into action. And receive online support through podcasts, video segments, blog posts and more at [www.conniesokol.com](http://www.conniesokol.com).

Now is the best time to become the person you want to be, and live the life you yearn to live. No gimmicks, no hoopla, just solid, time-tested principles and practices that will help you achieve your dreams and goals, and enjoy the process.

So, are you ready to create your powerful Life Plan?

Endorsements:

"I love your book!! I read it once last week and now I'm reading it again and marking it. I can see it making a difference in my life. I'm realizing that I don't have to do it all at once." Jodi Anderson

"Before I started this [book], I wanted to break down my goals into weekly accomplishments in a goal setting program. I can't believe it, this is exactly I have been looking for!" Brea Mefford

"I love this program. It really helps me to be accountable, and more importantly, to see progress. I increased my weekly income by better than half. I paid off two credit cards and my overdraft. My husband was able to pay off his car, and I have completely revamped my business goals and direction. Thank you!" Andrea Johnson

Connie Sokol is a mother of seven, a national and local presenter, and a regular speaker at Education Week. She is a monthly contributor on KSL TV "Studio 5" and regular blogger for KSL "Motherhood Matters." She is a former TV and radio host for Bonneville Communications, and columnist for Deseret News and Utah Valley Magazine. Mrs. Sokol is the author of several books including the award-nominated romance Caribbean Crossroads, Motherhood Matters, the 8-week Challenge program in Faithful, Fit & Fabulous, Life is Too Short for One Hair Color Series, as well as talk CDs and podcasts. Mrs. Sokol marines in time spent with her family and eating decadent treats.

## Create A Powerful Life Plan! 3 Simple Steps to Your Ideal Life Details

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## From Reader Review Create A Powerful Life Plan! 3 Simple Steps to Your Ideal Life for online ebook

### Sheila says

This is a great book helping me in my life right now. I have been using it more as a workbook, and going back and re-reading as I'm working on my goals.

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### Shauna says

Whenever I need to get my life in order...again... :) I turn to a Connie E. Sokol book!

Her books are WONDERFUL! Filled with love and laughter and direction.

Connie has been there...done that...And is now sharing her AMAZING advice and ideas.

She shows us how to "create a powerful life plan" in "3 simple steps."

1. Create your Life Plan
2. Choose a Life Focus
3. Set ONE weekly goal to achieve it

When you are ready Connie will take you on a journey that will help you be better, feel happier, and achieve your dreams and goals.

I LOVE the process of only ONE goal a week...even I can do that!

I did her "8-week challenge" a few months ago..and was SO IMPRESSED with the results!

Take a leap of faith this year and create YOUR powerful life plan...you will be so happy you did!

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### Rachelle says

Another fantastic read by Connie Sokol! I love Connie's voice--she motivates, inspires, and drives you to be better with encouraging anecdotes, marvelous tips, and she is constantly turning on those "lightbulb moments" in my head! If you're looking for ways to enjoy your life more and improve, this is the book for you.

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### Aimee (Getting Your Read On) says

I read through this entire book in one day which I'm pretty sure I'm NOT supposed to do if I actually want this book to be of help to me. I didn't go into this review looking to set up a Life Plan but you know what? Now I want to. And I'm going to. Why? Because I want to make some changes and this book has laid out a way for me to do that in an easy, understandable and doable path.

The beginning of my Life Path is to write down words. Just words. I started that already. I think I need more time to think about what I really want though and I want to be honest with myself and not just write down things that I think I should want. :) I am going to focus on self because I'm pretty sure if I do then the relationship and life skills areas will also improve in the ways I want them to. I can already see that in my words.

I love the idea of making a Life Board. I sort of already have that but without the goals. In my office area I have a cork board strip running along a wall. It is full of pictures of people I love, quotes that inspire me and Captain America. (What?! He's awesome. Inspiring. He stays.) I can tweak my inspiration board and create something new which will help me focus everyday on what I want to achieve. I'm already imagining it in my mind.

There were some great concepts in this book. These inspired me to use this program to because it is something I think I can do.

~Change begets Change (if I change one area, chances are that other areas will change as well. Kind of like a domino effect)

~Simplify expectations, break it down into "chewable chunks"

~DO NOT ALLOW YOURSELF TO FEEL GUILTY

~Be still. Ponder. Meditate.

~Reward yourself. (I happen to really like this one)

I think the main thing that usually holds me back from making changes is fear. I don't want to fail. Then I will feel like there is more that I can't do and that will make me feel awful and then I'll get depressed. I hate to fail. But Connie says, "Fear is a serious demon. Giving into fear stops our progression and hinders our positive contribution to others." I know that's true. I have to stop and look at all the things I have wanted and accomplished. A few years ago I decided that I wanted to review books. I love reading and I love talking about books. I wanted to start a blog. I had never blogged before and I had no idea what I was doing. But, I jumped in and kept at it. I relied on the experience of others and read a lot of how to's. Today it is successful and has accomplished what I intended. I know I can do things if I am determined and really want it.

I'm happy to be a part of this blog tour and I'm so happy I had a chance to read through this book. Connie is obviously good at what she does. She has found success and is sharing her experience and knowledge with others. Lucky us. :)

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## **Ruth Hill says**

Although this is far from my favorite book of Connie Sokol, I have no problem rating it a solid five stars. The reason is that the information and its arrangement within this book is so well done and potentially life-changing. Again, the examples in her book are the absolute pinnacle of the book, and her worksheets are

invaluable. This is intended as a workbook; just reading it as I did is not the way to read this book, but my purpose was to evaluate and review this book.

I want to praise Connie for sharing a weight loss story in the beginning since that is something that will always be at the forefront of my mind. While I didn't go through the various steps in the way she shared, I did something very similar to this several years ago when I lost my fifty pounds (and kept it off!). However, I am attempting to lose my last ten pounds, and her story made me feel so encouraged. While I haven't done everything she delineated within the book, I am seeing results. Shortly after reading my first Connie Sokol book, I actually set up a board (which I intended to cover with images), and this book has inspired me to work towards creating some kind of life plan. I may not go through all the steps, but I inwardly cringe at having a barren bulletin board near my bed.

My only complaint is that the spiritual is not emphasized nearly as much as it was in her other books. I know her focus in this book is not to be devotional, but in her other books that I have read, God was at the center of everything. I felt that this book was more secularized than I would have liked it to have been. It was as though she almost apologized for faith, and she calls upon women to get in touch with whatever "god" and spiritual side they rely upon. I would have preferred her using the opportunity to demonstrate the way in which faith is what carried her through her life plan. She kind of does this, but it is not nearly as robust as her other books. But that is merely a personal preference, and it does not diminish the message of this book.

I was sent a copy of this book in exchange for my honest review. I was not financially compensated, and all opinions are 100 percent mine.

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### **Katie W says**

What a great support this book is! Connie Sokol makes it seem so easy to make changes in your life in three simple steps. I really love the fact that she knows what she's talking about. She's been through it all herself and knows the power in this plan. I'm a believer that a life needs direction, instead of aimless floating. She said, "A Life Plan give you that starting point, pulling together the thoughts, dreams, desires, and want-to-dos from your head and getting them down in an organized fashion on paper. This small but powerful principle works." I love that.

Each area is clearly laid out. Stories and suggestions are given to support each idea. FAQs are stated and possible solutions are given. This is a great resource for those truly wanting to change and improve their lives.

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