

# Forward Thinking

## This diary can change your life

How much time do you spend planning your year or your life? Most of us spend more time planning our holidays than we do the rest of our lives. How do you want to live your life this coming year? If we don't think, reflect and plan our life we are more likely simply to react to life's events.

This is a **brand new journal** in which you can write down your plans and hopes, what you most want to do, be and feel during the year ... together with your thoughts and reflections on your day, week, month and year ... the experience itself.

It draws on fascinating and heart warming contemporary research into wellbeing, fulfilment and happiness and offers ideas and suggested exercises to consider. It is designed to help you be in your element and live the life you wish to lead.

The author, Peter Coxon is a consultant psychologist who runs a business helping organisations and teams to succeed and individuals to pursue a meaningful and fulfilled life. He lives by the river Dart in beautiful Devon and maintains a well balanced life working and playing both locally and globally. He has just returned from sailing half way round the world during which time he researched and wrote this unique diary. He had an interesting 'argument' with a killer whale in mid Atlantic last year and competed in the Three Peaks Race this year, which entails sailing, cycling and then running up the highest mountains of the UK- Snowdon, Scafell Pike and Ben Nevis. Having sailed to Scotland he then completed a circumnavigation of the UK calling in to France for some wellbeing and happiness in a winery in Boloigne!

Forward Thinking RRP £11.95 Trade Price £5.95 Free delivery for 12 books or more  
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