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Healing from Within

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November 27th 2013: Living A Purposeful Life...It's Absolutely Essential For Wellness

Am I living every day of my life on purpose? Do I even know what my purpose is or how to find it? The new year is looming and we all know it's a great time to evaluate and set new for the year ahead. Every goal or intention you set stands much greater chance of actually coming true if it is aligned with your purpose. It doesn't matter whether your goal is to achieve a specific drop in your body fat, to assist your body in healing from a significant disease or some other goal in another life area like career or finances. When you are connected and aligned with your unique purpose, and the goal

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Featured Guest



Daljeet Singh

Daljeet Singh is an author, coach and entrepreneur whose experience spans the corporate world, charities and the education sector. His belief that identifying a clear and unique sense of purpose is the key that unlocks human potential led him to write his first book: "PROJECT LIFE: Live your purpose and love the journey" (www.projectlifethebook.com). He applies his experience as a teacher, consultant and coach to run executive coach training programs and entrepreneurial leadership programs for the MOE Foundation, a charity for underprivileged young people. Daljeet's work as an author and coach have led him to develop his Vocational Accelerator prog

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