



Living a Life That Matters: 7 Keys for Purposeful Living

Val Hale

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“DING, DING, DING!” That obnoxious alarm goes off, but instead of moaning, you hop out of bed with a smile. Yes! Today is a new day to gain a purpose, to fulfill dreams, and to have a life that matters. Living a Life That Matters will help you move from the mundane to the meaningful and gain perspective as you learn about the key elements of a happy and fulfilling life.

Discover how to

- Be a Doer, Not a Spectator
- Cultivate Meaningful Relationships
- Make a Difference in Others’ Lives
- Get Active and Stay Active
- Love Your Work
- Be a Lifelong Learner
- Seek Spiritual Balance

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