



THE JOURNEY STARTS

1. INTRODUCTION

1.1. Welcome

1.2. Personal Introduction

1.3. Who Is Course Aimed At?

1.3.1. Three Primary Influences in Life

1.3.1.1. Family

1.3.1.2. Work

1.3.1.3. Religion

1.3.2. Three Major Focus Areas 21st Century

1.3.2.1. Health

1.3.2.2. Wealth

1.3.2.3. Relationships

1.3.3. Anyone Battling With a Work-Life Balance

1.3.3.1. Health

1.3.3.2. Weight

1.3.3.3. Family

1.3.3.4. Career

1.3.3.5. Wellbeing

1.3.3.6. Self-Actualisation

1.4. How Platform Is Structured

1.5. Comments, Feedback & Support

