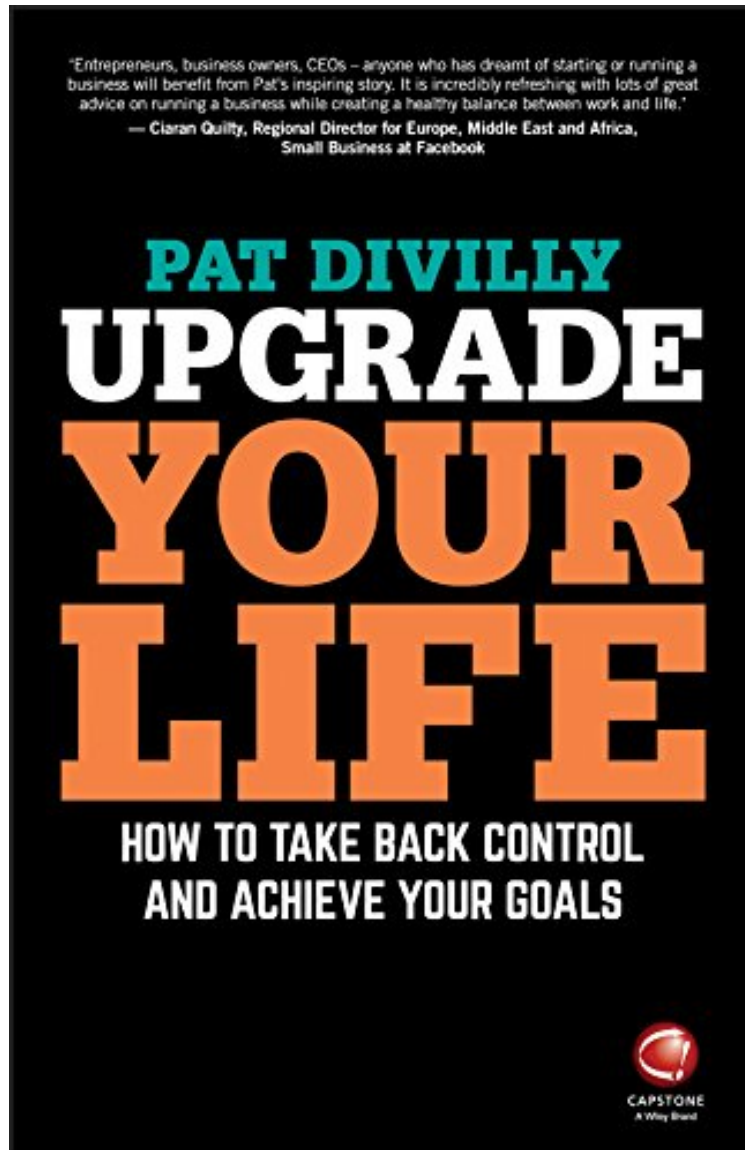


# Upgrade Your Life: How to Take Back Control and Achieve Your Goals

*Pat Divilly*

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Step away from boredom and reclaim your life  
Feeling unfulfilled? Do you dream of a lifestyle where you can have it all – good health, wealth, freedom and happiness? You're not alone. Upgrade Your Life is your guide to taking the power back and becoming the master of your own fate and that of your business. Author Pat Divilly has worked with an array of small business owners to help them achieve a growing business based on purpose, passion and profit whilst also maintaining a healthy work-life balance. Pat offers a practical approach to setting and achieving personal and business goals, understanding that both are necessary in order to succeed in life. By promoting personal development and daily success rituals Upgrade Your Life inspires its readers to dream big and not give up in the search for fulfilment. Using the author's own experiences, mixed in with valuable neuroscience research and popular psychology, Upgrade Your Life will help fast-track you and your business on the road to success. Learn how to implement your own game plan of simple daily steps to achieve your goals Get tips on creating the perfect work-life balance Update your daily routine to become more productive Includes a 42-day success planner to help you stay on top of your dreams

From the Back Cover  
'Entrepreneurs, business owners, CEOs – anyone who has dreamt of starting or running a business will benefit from Pat's inspiring story. It is incredibly refreshing with lots of great advice on running a business while creating a healthy balance between work and life.'  
Ciaran Quilty, Regional Director for Europe, Middle East and Africa, Small Business at Facebook  
**IT'S TIME TO TAKE BACK YOUR LIFE** Everyone wants success, but not everyone achieves it. Are you living the life you want? What is the difference between those who make it and those who don't? The difference is action. Keep your dreams, but start working to make them realities. Dreams are important, but they aren't magic – you need to turn them into goals, and work every day to attain them. Bestselling author, speaker and wellness coach Pat Divilly knows what it's like to dream of success, and he knows how to attain it. By changing your outlook, your habits and your lifestyle, you can achieve success too. This book is your action plan for achieving more than you ever thought possible. Get inspired, and then get going; you'll define what success means to you, uncover the habits holding you back and learn how to build a business based on purpose, passion and profit. Upgrade Your Life will show you how to: Establish what it is you want out of life Adopt the daily rituals of success Increase self-esteem, clarity and confidence Build a purpose-driven business and achieve your goals Pursue a lifestyle of health, wealth, freedom and happiness Dreams should not be wistful – they should be energizing, motivating, and inspiring. They are your mind's way of showing you the very best life you can have, if you are ready to listen? Upgrade Your Life is your guide to having it all, whatever that may mean to you.