



# Penduka | Study Guide & Journal: Wake Up Your Soul

*Joy McMillan*

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## **Penduka | Study Guide & Journal: Wake Up Your Soul** Joy McMillan

Companion Guide to *Penduka: 21 Ways To Awaken Passion & Purpose in Everyday Life*, this study guide and journal is loaded with thought-provoking questions, inspiring quotes, and space to journal and doodle your thoughts. *Penduka* is built on three core themes; passion, purpose and process. If passion is the fuel and purpose the direction in which we travel, process is the way in which we move. Research has confirmed what journal keepers and planner-loving mavens have known all along: you're far more likely to accomplish your goals simply by writing them down. Saying and dreaming something is one thing, writing it down and scheduling it is another thing entirely. This guided supplement will help you get your thoughts out on paper, your plans mapped out, and your passionate, purpose-filled skin in the game!

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