

# EFFECTIVE PERSONAL LEADERSHIP®

## *Create a High Performance Life*

- Realize potential for personal leadership through building on strengths
- Improve self-image and motivation
- Make choices for success by overcoming past conditioning
- Overcome obstacles to leadership
- Experience self-motivation by altering attitudes, behaviors and habits
- Develop a written, specific success plan

### ***ONE: Your Potential for Personal Leadership***

- Building on Current Strengths
- The Rewards of Leadership
- Your Untapped Potential
- Self-Image
- Self-Motivation
- Goal Direction

### ***FIVE: Developing a Personal Plan of Action***

- Identification of Goals
- Value of Written Goals
- Overcoming Obstacles
- Anticipation of Benefits
- The Motivation of Target Dates

### ***TWO: Making Choices for Success***

- How Conditioning Works
- Sources of Conditioning
- Breaking Out of a Conditioned Existence
- Your Freedom to Choose

### ***SIX: Goal Setting and Personal Leadership***

- Personal Values and Goal Setting
- Goals that Work
- Types of Goals
- Integrated Personality

### ***THREE: Motivation Through Attitudes and Habits***

- Satisfying Needs
- The Exchange System
- Traditional Approaches to Motivation
- Motivation through Attitudes and Habits
- Altering Attitudes and Habits
- Dealing with De-motivators

### ***SEVEN: Five Leadership Essentials***

- Personal Leadership Development
- Crystallized Thinking
- Written Plans and Deadlines
- A Burning Desire
- Supreme Self-Confidence
- Unshakable Determination
- Leadership Essentials as Criteria

### ***FOUR: Designing Your Personal Growth***

- Making Behavior Change
- Redesigning Attitudes through Displacement
- Types of Affirmations
- Supporting Affirmation with Visualization

### ***EIGHT: Realizing Your Full Potential***

- Overcoming Obstacles to Leadership
- Positive Expectancy
- Creativity
- Living an Abundant Life
- Where Do You Go from Here?