



Chamber University

Personal Development



WORKBOOK

KEY POINT

WHY MAKE PERSONAL DEVELOPMENT A PRIORITY?

- FORCES YOU OUT OF YOUR COMFORT ZONE
- DEVELOPS YOUR STRENGTHS
- BOOSTS YOUR CONFIDENCE
- IMPROVES SELF-AWARENESS

WARNING: Taking this course is an action toward Self Improvement



MORE STUFF DOES NOT
EQUAL HAPPINESS

EXERCISE



THREE PARTS OF PERSONAL DEVELOPMENT

LEARN TO WORK HARDER ON YOURSELF THAN YOU DO
ON YOUR JOB

WHAT YOU BECOME IS FAR MORE IMPORTANT THAN WHAT YOU
GET

MOST OF WHAT YOU HAVE TODAY, YOU HAVE ATTRACTED BY
BECOMING THE PERSON YOU ARE TODAY

BONUS: INCOME RARELY EXCEEDS PERSONAL DEVELOPMENT

UNDER EACH CATEGORY, LIST SOME GOALS YOU WOULD LIKE
TO PUT IN PLACE TOWARD PERSONAL DEVELOPMENT:

SPRITUAL

PHYSICAL

MENTAL

EXERCISE



STEPS TO REACH THOSE GOALS

RESULTS

EXERCISE



YOUR LIFE IN THREE YEARS

FIRST THOUGHT IN THE MORNING?

HOW DO YOU STRUCTURE YOUR DAY?

WHAT GET'S YOU EXCITED ABOUT LIFE?

WHAT DO YOU DO FOR WORK? YOUR ROLE?

TIME WITH FRIENDS AND FAMILY?

WHAT GIVES YOU ENERGY TO MOVE FORWARD?

WHAT DRAINS YOUR ENERGY?



YOUR LIFE NOW:

WHOSE LIFE AM I LIVING?

WHO MADE UP THE RULES?

DO MY MISTAKES DEFINE ME?

WHO DO I LOVE TODAY?

WHAT MADE ME LAUGH TODAY?

AM I MAXIMIZING MY TALENT?

WILL THIS MATTER IN 20 YEARS?

IF I HAD ALL THE MONEY IN THE WORLD WHAT WOULD
I DO?

AM I DOING WHAT I LOVE 100%?



3 PARTS OF PERSONAL DEVELOPMENT

- LEARN TO WORK HARDER ON YOURSELF THAN YOU DO ON YOUR JOB
 - WHAT YOU BECOME IS FAR MORE IMPORTANT THAN WHAT YOU GET
 - MOST OF WHAT YOU HAVE TODAY, YOU HAVE ATTRACTED BY BECOMING THE PERSON YOU ARE TODAY
- NOW, TAKE A MINUTE TO ASSESS WHERE YOU ARE RIGHT NOW.

SELF-AWARENESS WORKSHEET

IDENTIFY WHERE YOU FEEL YOU ARE CURRENTLY ON THE FOLLOWING SCALES. THIS WILL HELP YOU BECOME MORE SELF-AWARE OF YOUR CURRENT SITUATION.

SELF ESTEEM

LOW 1 2 3 4 5 6 7 8 9 10 HIGH

HAPPINES

DEPRESSED 1 2 3 4 5 6 7 8 9 10 HAPPY

ASSERTIVENESS

TIMID 1 2 3 4 5 6 7 8 9 10 ASSERTIVE

CALMNESS

EXPLOSIVE 1 2 3 4 5 6 7 8 9 10 CALM

LIFE STRESSES

LOW CONTROL 1 2 3 4 5 6 7 8 9 10 HIGH

TIME MANAGEMENT

NONE 1 2 3 4 5 6 7 8 9 10 ORGANIZED

LEARNING BY APPLICATION

ENRICHMENT ACTIVITIES

SELF DEVELOPMENT ACTIVITIES THAT WILL CHANGE YOUR LIFE.

Now that you know what personal development is and it's purpose. You are ready to practice.

Practice the following development activities daily and record your results.

AFFIRMATIONS: short, positive statements about what you want in life. This help replace repetitive negative thoughts that keep you stuck. Out loud or to yourself.

1. Write down at least two affirmations.
2. Post the affirmations where you can see them every day. (i.e. bathroom mirror, computer)

MEDITATION:

highly effective in reducing stress and anxiety. Creates awareness of the goals you set in the previous activity. Refer back as often as you need to.

1. Only takes a few minutes. Close your eyes, take a deep breath and visual a goal you have set.
2. How does that feel? Now think about the step to get there.
3. This is a time to focus on what you want, how you are going to get there, and **HOW GOOD** the results are going to feel.

Recommended Reading:

Unlimited Power