

Introduction to Personal Development

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1. Introduction

- a. Personal development is a new phenomenon. But it's as old as civilization. It focuses on personal growth and achievement. They are both necessary ingredients for success.

2. Background

- a. I spent many years studying my craft. This is a labor of love. I started out like you. With many questions and no one to show me the way. Then I listened to lead the field and I was running. It clarified, for the first time, what I knew to be true. To trust my instincts and rely on myself for decisions. I wished they had taught this course in school. I would have majored in it.

3. Course Topics

1. Attitude
2. Life as a continuous process
3. Goals
4. Sales
5. Action
6. Leadership
7. Mistakes
8. Time management
9. "Thoughts are things"
10. Writing
11. Thinking

12. Customer service
13. Civil service
14. Entrepreneurship
15. Marketing
16. Campaigning
17. Growth
18. Opportunities
19. Health
20. Wisdom
21. Reading
22. Jack of all trades master of one
23. Fieldwork
24. Planning
25. History
26. Values
27. Integrity
28. Patience
29. Perseverance
30. Teaching
31. Recognition
32. Visioneering
33. Organized Planners
34. Networking
35. Cheerfulness
36. Solitude
37. Accomplishments
38. Technology
39. Imagination
40. Teamwork

41. Research and development
42. New Angles thinking
43. Loving unconditionally
44. Dreams
45. Courage

4. Books and Audiobooks Basics

- a. Lead the field by Earl Nightingale
- b. The Ultimate Goals Program by Brian Tracy
- c. Creative visualization meditation by Shakti Gawain
- d. The Ultimate Jim Rohn Library by Jim Rohn

5. Materials

- a. Pen or pencil
- b. Journal or notebook
- c. Willingness to learn and grow

6. Resources

- a. Apple Books or audible by Amazon.com for audiobooks and digital reads.
- b. nightingale.com for inspiration
- c. briantracy.com for goals and business ideas
- d. jimrohn.com great business philosopher

7. Examples

1. Napoleon Hill
2. Earl Nightingale
3. Jim Rohn
4. Zig Ziglar
5. Shakti Gawain
6. Brian Tracy
7. Mark Victor Hansen

8. Wayne Dyer

9. Discover your own

8. Suggested thoughts and ideas

- a. Study in a area that interests you.
- b. Listen often
- c. Gather others to listen and discuss
- d. Be in a relaxed calm state of mind, body and soul
- e. Enjoy the journey
- f. Invest in the audiobooks
- g. Come up with your own ideas

9. Have fun

- a. This is your story. Share your story with me and I will be delighted and amazed on what a fraction of time spent in this course did for your life and the lives of those in your circle

10.