



Effective Personal Leadership

by Paul J. Meyer

*“Producing measurable results for
business and industry since 1966.”*

EFFECTIVE PERSONAL LEADERSHIP

Make a difference in your organization!

- Realize potential for personal leadership through building on strengths, improving 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 Demotivators

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?