

Summary – Table Of Contents

“Live Your Life Potential” Program

Module 1: Introduction

- What do you want from your life - specifically?
- Start with the end in mind

Module 2: Why People Emotionally Suffer

- The power they give away to others
- How people let others affect them

Module 3: The Solution Defined

- How much self-esteem should you have?
- What it means to have high esteem

Module 4: Achieving Total Self Esteem

- How to create happiness
- The key steps

Module 5: Getting To Know “You”

- What are your good traits?
- How to feel good about you all the time?
- How to deal with ‘put-downs’ and teasing

Module 6: What You Think Is What You Get

- Getting the internal dialogue right
- Cease getting out of what you don’t want

Module 7: Overcoming Insecurities Part A

- Introduction – an overview on how to do it
- Fear of Rejection
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Module 9: Your Life Programming – How your mind processes information

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Your Life Program

The Energy Equation – why positive thinking does not always work

Some Examples

Module 10: Resolving Inner Conflict

Effectively Resolving Conflicts from the past

Some Examples on how to do this

Module 11: Value Your Health – Some key points on:

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Module 12: Putting It All Together

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Who Controls Who

Who Has the Problem?

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Turn Problems Into Challenges

Create Blueprints

Associate With Like-Minded People

The Power Of Contribution

Create Action

Where To Next?