



571 Crestview Drive, West Chester, Pa. 19382

Phone: 610 793 6609 - Cell: 610.496.0399

Email: Michael@achievable.com, www.creatingbiggerfutures.com

The Quantum Leap Program – Year one.

Session One Kickoff – Half Day:

How to develop personal motivation

The power of the slight edge

Creating a Blue print for success

Develop Long Range Goals

Develop Short Range Goals

Situation Analysis

Wheel of Life Balancing Job

Session Two Half Day:

Work Smarter, Not Harder

Productivity Accelerators:

Create a Formula for Success

- Principles of Effective Personal Productivity
- Pro-active Time and Personal Management
- Harness the Power of High Pay Activities (HPA)
- Understand the 80/20 Pareto Principle
- Learn the Tyranny of the Urgent
- Learn the formula for Proactive Management
- Execute The Ten Commitments
 - Principle-based operating system

Session Three Half Day:

Your Potential for Personal Leadership

Building on Current Strengths

The Rewards of Leadership

Your Untapped Potential

Self-Image

Self-Motivation

Goal Direction

Session Four Half Day:

Making Choices for Success

How Conditioning Works

Sources of Conditioning

Breaking Out of a Conditioned Existence

Your Freedom to Choose

Session Five Half Day:

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

Session Six Half Day:

Designing Your Personal Growth

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

Session Seven Half Day:

Developing a Personal Plan of Action

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

Session Eight Half Day:

Goal Setting and Personal Leadership

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

Session Nine Half Day:

Five Leadership Essentials

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

Session Ten Half Day:

Realizing Your Full Potential

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