



## Self development:

includes activities that improve awareness and identity, develop talents and potential, build human capital and facilitates employability, enhance quality of life and contribute to the realization of dreams and aspirations. The concept is not limited to self-help but includes formal and informal activities for developing others, in roles such as teacher, guide, counselor, manager, coach, or mentor. Finally, as personal development takes place in the context of institutions, it refers to the methods, programs, tools, techniques, and assessment systems that support human development at the individual level in organizations.

At the level of the individual, personal development includes the following activities:

- improving self-awareness
- improving self-knowledge
- building or renewing identity
- developing strengths or talents
- improving wealth
- spiritual development
- identifying or improving potential
- building employability or human capital
- enhancing lifestyle or the quality of life
- improving health
- fulfilling aspirations
- initiating a life enterprise or personal autonomy
- defining and executing personal development plans
- improving social abilities



Beyond improving oneself and developing others, personal development is a field of practice and research. As a field of practice it includes personal development methods, learning programs, assessment systems, tools and techniques. As a field of research, personal development topics increasingly appear in scientific journals, higher education reviews, management journals and business books.

Any sort of development — whether economic, political, biological, organizational or personal — requires a framework if one wishes to know whether change has actually occurred. In the case of personal development, an individual often functions as the primary judge of improvement, but validation of objective improvement requires assessment using standard criteria. Personal development frameworks may include goals or benchmarks that define the end-points, strategies or plans for reaching goals, measurement and assessment of progress, levels or stages that define milestones along a development path, and a feedback system to provide information on changes.

### What does this mean for me:

Self-Development is taking personal responsibility for one's own learning and development through a process of assessment, reflection, and taking action.



## What the course contains:

### Books:

To expand the mind-you decide what goes in. In a gathering, you can tell who the wide readers are. Wide readers think and speak well. They win the admiration, respect, and good opinion of others. Instead of spending your hours blobbing in front of the television. Why not expand your mind and discover how simple this process is.

### Affirmations:

An Affirmation is a very powerful technique to empower one's subconscious. Once the subconscious is disciplined to believe one's affirmation, the latter is converted into a positive action for the conscious mind. Through affirmation, beings are empowered to do, to work, and to strive for more things.

Affirmation allows people to believe in themselves and to put their thoughts into action. Double the impact with videos as well.

### Brainwave Entrainment:

Train your brain the easy way to get yourself into a state of mind desirable for you.

### Meditations:

Growth comes from quieting the mind and going within- It allows us to better know ourselves and ultimately what we want

### Hypnosis:

Talking to the subconscious mind one of the great ways to shift limiting beliefs – We cannot change our beliefs the same way we created them.

Hypnosis serves to get us into alpha where our subconscious more likely to listen to our demands- easy way to change limiting beliefs.

### Reports:

[www.myselfdevelopmentplan.com](http://www.myselfdevelopmentplan.com)

[support@myselfdevelopmentplan.com](mailto:support@myselfdevelopmentplan.com)



Special reports which I personally created to answer all your questions on the various aspects included in the package, 2012 is a big year. So many changes and chaos in the world. So much stress what better way to deal with life's pressures than having your own set of tools at your disposal, take every necessary step to live the life you want!!!

- Plan Plan Plan



1. What area of your life do you want to improve first:
2. Is it financial woes
3. Do you have relationship problems
4. Choose an area in your life you want to work on

#### Eg Finances

- Write down your goals.
- Go through your goal setting worksheet.
- Watch the Financial Affirmation Video every morning and every night
- Write down your goals 100x a day
- Plot your progress in your progress chart
- Make a vision Board
- Read Read Read

Instead of spending your time slouched on the couch in front of the TV.  
Create a new habit Cut your TV time in half and use the other half to start  
reading your success classics  
Choose a book that you feel drawn to

Brainwave Entrainments;  
use every day for 30 days

Hypnosis  
Use 1 a day every day for 30 days

Meditations  
One every morning and evening if possible

Visualise  
Set aside time to visualize your goals as if it has already happened

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[support@myselfdevelopmentplan.com](mailto:support@myselfdevelopmentplan.com)

