

Contents

Contents	3
To the Reader	5
Why is Self-Development Important?	9
Objectives and Solutions of the Book.....	10
PART I : EXPLORE.....	15
The 7-Sphere Model.....	16
Sphere 1: Inner Peace.....	30
Sphere 2: Health and Energy	84
Sphere 3: Relationships.....	100
Sphere 4. Finances and Career	125
Sphere 5: Learning and Renewal	148
Sphere 6: Help and Influence.....	156
Sphere 7: Mission and Life Purpose	164
Activity: Build Your Own 7-Sphere Model	171
PART II : REFLECT	172
Self-Development Plan	174
Step 1: Role model.....	201
Step 2: Skills to Acquire	207
Step 4: Target State	230
Step 5: Current State	239
Step 6: Values	251

Step 7: Major Objectives	260
Activity: Create a Self-Development Plan	271
Blueprint for Personal Growth	272
PART III : TAKE ACTION	274
Setting Milestones	281
Time Perspectives for Goal Setting	297
Time Perspective 1: Longer than Life	300
Time Perspective 2: Life or Decades	309
Time Perspective 3: Years	315
Time Perspective 4: Months	320
Time Perspective 5: Weeks	324
Time Perspective 6: Days	327
Time Perspective 7: Hours	332
Sustainable Self-Development and Active Focus.....	337
Activity: Set Milestones for Yourself.....	343
Activate Time Perspectives	343
Epilogue.....	345
Sources.....	347
Acknowledgments	352