

## TABLE OF CONTENTS

Welcome.....	Page 3
Table of Contents.....	Page 5
How to Use This Workbook.....	Page 7
<b>A Pattern of Personal Transformation.....</b>	<b>Page 11</b>
<b>Lessons and Application .....</b>	<b>Page15</b>
Getting Started	
Lesson One: Assessing Your Readiness and Commitment.....	Page 17
Lesson Two: Allegiance to Your Best Self.....	Page 20
Visioning	
Lesson Three: Living Your Purpose .....	Page 24
Lesson Four: Identifying Your Guiding Principles .....	Page 29
Lesson Five: The Power of Vision .....	Page 33
Lesson Six: Leveraging Your Motivation (Payoffs and Prices) .....	Page 42
Responsibility	
Lesson Seven: The Three Rs.....	Page 48
Lesson Eight: Reality--A Deeper Look.....	Page 51
Lesson Nine: Responsibility--A Deeper Look.....	Page 55
Key Moments	
Lesson Ten: Understanding Your Key Moments.....	Page 58
Lesson Eleven: The Moment of Choice.....	Page 62
Lesson Twelve: Interrupting Strategies.....	Page 65
Lesson Thirteen: Challenging Your Automatic Thoughts.....	Page 68
Lesson Fourteen: The Power of Beliefs .....	Page 72
Lesson Fifteen: Stop-Look-Listen-Choose.....	Page 76
Lesson Sixteen: Intentionality .....	Page 80
Relationships	
Lesson Seventeen: Challenging Your Assumptions About Others .....	Page 84
Lesson Eighteen: Giving Back .....	Page 86
<b>Summary .....</b>	<b>Page 89</b>