

## TABLE OF CONTENTS

<b>A MESSAGE FROM THE AUTHOR</b> .....	vii
Paul J. Meyer	

### **PERSONAL PLAN OF ACTION**

<b>1. DREAMS FOR MY FUTURE</b> .....	1
1.1 Master Dream List	
1.2 Future Description	
1.3 Personal Mission Statement Worksheet	
<b>2. PERSONAL VALUES</b> .....	1
2.1 Personal Values	
2.2 Values Summary	
2.3 My Personal Values	
<b>3. TOTAL PERSON® DEVELOPMENT</b> .....	1
3.1 Wheel of Life®	
<b>3.1.1 FAMILY AND HOME DEVELOPMENT</b>	
Self-Evaluation Questionnaire for Married Persons	
Self-Evaluation Questionnaire for Single Persons	
Self-Evaluation Questionnaire for Single Persons with Children	
Present Strengths	
Opportunities for Growth	
Personal Priorities	
<b>3.1.2 FINANCIAL AND CAREER DEVELOPMENT</b>	
Self-Evaluation Questionnaire	
Present Strengths	
Opportunities for Growth	
Personal Priorities	

**3.1.3 MENTAL AND EDUCATIONAL DEVELOPMENT**

Self-Evaluation Questionnaire  
Present Strengths  
Opportunities for Growth  
Personal Priorities

**3.1.4 PHYSICAL AND HEALTH DEVELOPMENT**

Self-Evaluation Questionnaire  
Present Strengths  
Opportunities for Growth  
Personal Priorities

**3.1.5 SOCIAL AND CULTURAL DEVELOPMENT**

Self-Evaluation Questionnaire  
Present Strengths  
Opportunities for Growth  
Personal Priorities

**3.1.6 SPIRITUAL AND ETHICAL DEVELOPMENT**

Self-Evaluation Questionnaire  
Present Strengths  
Opportunities for Growth  
Personal Priorities

<b>4. PERSONAL GOALS .....</b>	<b>1</b>
4.1 Personal Mission Statement	
4.2 Master List of Personal Goals	
4.3 Sample Goal Planning System™	
Goal Planning System™	
<b>5. AFFIRMATIONS AND VISUALIZATION.....</b>	<b>1</b>
5.1 Affirmations	
5.2 Visualization	
<b>6. TRACKING PROGRESS .....</b>	<b>1</b>
6.1 Wheel of Life® Progress and Feedback Summary	
6.2 Graphing	
6.3 Graphing Techniques	
6.4 Sample Graphs	
6.5 Graph Paper	
6.6 Goal Tracking Barometer	
6.7 1-31 Day Tracking Sheet	
6.8 Weekly Goal Tracking Sheet	

7. **PERSONAL ACCOMPLISHMENTS**..... 1  
7.1 Personal Accomplishments

***BUSINESS PLAN OF ACTION***

8. **DREAMS FOR MY BUSINESS**..... 1  
8.1 Master Business Dream List  
8.2 Future Business Description

9. **BUSINESS VALUES** ..... 1  
9.1 Business Values  
9.2 Master List of Business Values  
9.3 Business Values and Actions

10. **BUSINESS GOALS** ..... 1  
10.1 Business Mission Statement Worksheet  
10.2 Business Mission Statement  
10.3 Master List of Business Goals  
10.4 Sample Goal Planning System™  
Goal Planning System™

11. **BUSINESS ACCOMPLISHMENTS** ..... 1  
11.1 Business Accomplishments