

DEVELOPING THE HEART OF A CHAMPION

A Blueprint for Personal Leadership

By Rex C. Houze

This program is ideal for anyone who wants to have a more successful life, no matter how successful their life has been up to now. You will learn how to develop and improve the eight characteristics needed to have a more successful life. You will also learn how to better utilize these characteristics, identify your most important goals in every area of your life, and develop a personal plan of action for their achievement.

Flaming Your Desire

- Personal Responsibility
- The Importance of Enthusiasm for a Successful Life
- How to Develop Your Desire
- All Motivation is Self-Motivation

Winning Attitudes

- How Attitudes are Formed
- Maintaining a High Energy Level
- The Role of Self-Image in Success
- Acting Your Way to a Better Attitude
- Developing a “Whatever It Takes” Attitude
- Your Greatest Power
- Eliminating “If Only” and “What If” Thinking

Increasing Your Confidence

- Getting into Your ZONE
- Just for Today

Building Your Belief

- How to Develop Belief
- Believe to Succeed
- The Role of Self-Image and Self-Esteem in Success
- Develop Your Abilities
- Feed Your Mind with Thoughts that Support Your Belief System
- The Role of Visualization in a Successful Life
- Develop Create or Cultivate an Abundance Mentality

Planning for Your Future

- Working Smart
- Working Hard
- The Road to Mastery
- Overcoming Negative Conditioning
- The Eight P’s of Personal Achievement
- The Power of Focus and Concentration
- Overcome Procrastination
- You Can Do Anything You Want --- But Not Everything
- Using Your Time Effectively
- Summary

Clarifying Your Goals

- Goals are the Key to a Successful Life
- Reducing Problems with Written Goals
- Stamp Out Uncertainty with Written Goals
- The Benefits of Setting Goals
- Why People Resist Setting Goals
- Goal Setting Rules
- Knowing What Goals to Set
- How to Set Specific Goals
- The Goals Process
- Eight Types of Goals
- How to Keep Your Goals Alive
- Priorities Prevent Panic

Developing Your Perseverance

- Focus on Strengths
- Action Steps
- Don’t Quit

Guarding Your Integrity

- Personal Responsibility
- Communicating with Integrity
- It’s Hard to Get Away from a Good Listener
- Hold Yourself Accountable Daily

Content on CD for convenient listening

Each session includes:

- Complete script of the CD’s
- Supporting Quotes
- Self-evaluation Checklists
- Action Exercises
- Feedback & Discussion Sheet

Creating a Successful Life ACTION PLAN

- A step-by-step plan to help you set and achieve goals in every area of life.

For more information, call or write: