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*PG-1-1-1-1 Means PG **SEMESTER 1** **CLASS 1** **TOPIC 1** EXERCISE 1

WORKBOOK FOR PERSONAL GROWTH SEMESTER #1 & CLASS #1 (ALSO CALLED PG-1-1)**

2 TOPICS COVERED IN THIS LESSON: (Brief Recaps in Brackets. Click the text to jump to the page in this workbook where we cover the Topics).

- 1** [PG-1-1-1 HOW CAN WE ACCOMPLISH MUCH MORE EVERY DAY IN OUR CAREERS?](#) (By scheduling our daily accomplishments using one of the document templates that Chris discusses in this lesson.)
- 2** [PG-1-1-2: WHAT ARE 3 SIMPLE WORDS TO SAY TO BOOST OUR CONFIDENCE IN BUSINESS?](#) (Watch the lecture to find out. Hint: “When you truly reach a level in your career/life where you don’t give a darn what people think of you, then you have reached a @#\$\$%*!% AWESOME level of freedom and happiness.”)

Please have this workbook open during the lecture and fill in the blanks or answer the questions in this workbook when Chris asks you to do so during the lesson. The homework for all lessons is always listed on the last page.

TOPIC 1 OF 2: PG-1-1-1 How Can We Accomplish Much More Every Day in Our Careers?

Optional: Type your notes for Topic #1 in this box:

Optional: How can you apply what you have learned about Topic #1 today to enhance your career (or to make you happier and more successful in general)?

EXERCISE PG-1-1-1-1: How Can We Accomplish Much More Every Day?

Question 1) Complete the boxes to complete this sentence:

“Failing to...

...is planning to...

Question 2) Complete the box to complete this sentence:

“If you want something to get done, then give it to a ...



person.... meaning you! :)

Question 3) Complete the box to complete this sentence:

“The likelihood that we will achieve our goals increases significantly if we not only document our goals, but we also set a...

Introducing the “Daily Personal Growth Dashboard” (Chris will show you how to download this during the lesson you are currently watching, meaning PG-1-1):

Click on the yellow shaded boxes and start typing. For more details on how to use this, please watch PG-1-1.

 DAILY PERSONAL GROWTH DASHBOARD 		DAY # : <input type="text"/>	DATE: <input type="text"/>
My Most Important Goal is <input type="text"/> , which will be accomplished by <input type="text"/> .			
3 PERSONAL OR OTHER GOALS (Insert MM/DD/YY Deadline in Brackets):			
1:	<input type="text"/>		
2:	<input type="text"/>		
3:	<input type="text"/>		
TODAY'S ACCOMPLISHMENTS WILL BE THE FOLLOWING: (Please also include time for exercise/nutrition, family/friends, mentoring/giving, spiritual (optional) and <u>you</u> time.)			
5:00 AM:	<input type="text"/>	5:30 AM:	<input type="text"/>
6:00 AM:	<input type="text"/>	6:30 AM:	<input type="text"/>
7:00 AM:	<input type="text"/>	7:30 AM:	<input type="text"/>
8:00 AM:	<input type="text"/>	8:30 AM:	<input type="text"/>
9:00 AM:	<input type="text"/>	9:30 AM:	<input type="text"/>
10:00 AM:	<input type="text"/>	10:30 AM:	<input type="text"/>
11:00 AM:	<input type="text"/>	11:30 AM:	<input type="text"/>
12:00 PM:	<input type="text"/>	12:30 PM:	<input type="text"/>
1:00 PM:	<input type="text"/>	1:30 PM:	<input type="text"/>
2:00 PM:	<input type="text"/>	2:30 PM:	<input type="text"/>
3:00 PM:	<input type="text"/>	3:30 PM:	<input type="text"/>
4:00 PM:	<input type="text"/>	4:30 PM:	<input type="text"/>
5:00 PM:	<input type="text"/>	5:30 PM:	<input type="text"/>
6:00 PM:	<input type="text"/>	6:30 PM:	<input type="text"/>
7:00 PM:	<input type="text"/>	7:30 PM:	<input type="text"/>
8:00 PM:	<input type="text"/>	8:30 PM:	Schedule tomorrow and score today :)
DID YOU MAKE TIME FOR: FAMILY <input type="checkbox"/> ❤️ EXERCISE & NUTRITION: <input type="checkbox"/> ❤️ 7+ HOURS OF SLEEP: <input type="checkbox"/> ❤️ YOU: <input type="checkbox"/>			
TODAY'S ACCOMPLISHMENT SCORE OUT OF 100% IS: <input type="text"/> %			

EXERCISE PG-1-1-1-2: Your Daily Personal Growth Dashboard

When Chris asks you to (or for homework), please download the “Daily Personal Growth Dashboard” document in each of the following 2 document formats at this web address:

harounventures.com/personal-growth-1-1 (lower case).

1. You can also access the PowerPoint version of the Daily Personal Growth Dashboard document [here](#). **This PowerPoint version of the document has been thoroughly tested and also works with Google Slides, Keynote and Libre Office.**
2. You can access the PDF version of the Daily Personal Growth Dashboard document [here](#).

Workbook for PG-1-1 (Personal Growth Semester 1, Class 1)

Chris recommends completing the dashboard electronically and never sharing it with anyone. If you want to use a paper based version of the file, then you can use a product similar to [this one](#) (image below) to organize your Daily Personal Growth Documents (we never get compensated for mentioning any product): https://www.amazon.com/Officemate-Clipboard-Storage-Charcoal-83303/dp/B0000AQOFN/ref=sr_1_4?keywords=clip%2Bboard&qid=1570307187&sr=8-4&th=1



TOPIC 2 OF 2: PG-1-1-2: What Are 3 Simple Words to Say To Boost Our Confidence in Business?

Optional: Type your notes for Topic #2 in this box:

Optional: How can you apply what you have learned about Topic #2 today to enhance your career (or to make you happier and more successful in general)?

EXERCISE PG-1-1-2-1: What Are 3 Simple Words to Say to Boost Our Confidence in Business?

Question 1) What are 3 simple words to say to boost our confidence? [Put all 3 words in the box below]

EXERCISE PG-1-1-2-2: What Are 3 Simple Words to Say to Boost Our Confidence in Business?

Complete these 5 sentences (when Chris asks you to thanks):

Question 1) Put 3 words in this box to start the sentence:

“...what people think of my....” (type any words you want in the box below to complete the sentence.).

Question 2) Put 3 words in this box to start the sentence:

“...what people think of my....” (type any words you want in the box below to complete the sentence.).

Question 3) Put 3 words in this box to start the sentence:

“...what people think of my....” (type any words you want in the box below to complete the sentence.).

Question 4) Put 3 words in this box to start the sentence:

“...what people think of my....” (type any words you want in the box below to complete the sentence.).

Question 5) Put 3 words in this box to start the sentence:

“...what people think of my....” (type any words you want in the box below to complete the sentence.).

RESOURCES (OPTIONAL):

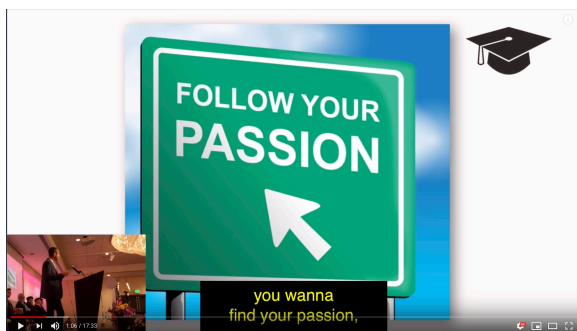
1: [Interview Better, Sell More & Get a Promotion Faster by Being You](#)

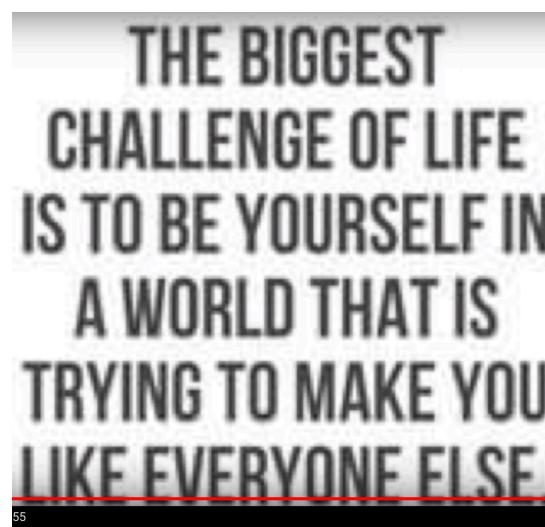
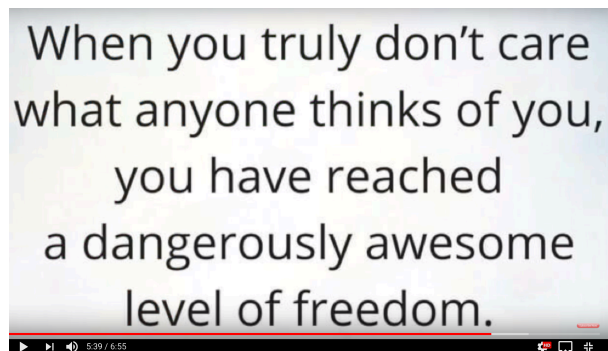
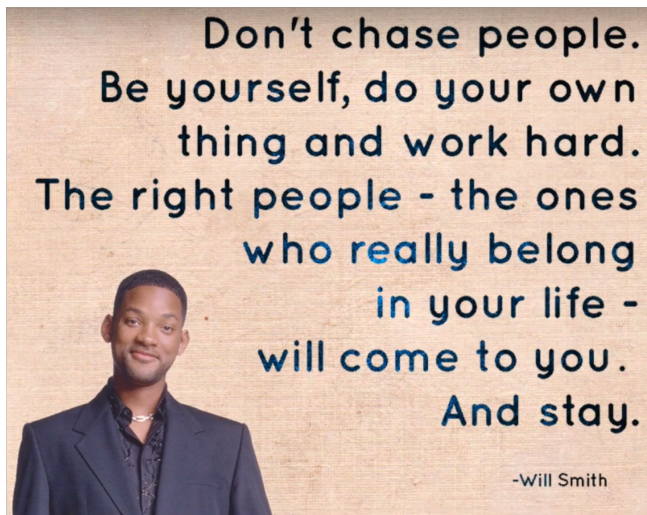


2: ["Thank You" Corporate Bullies](#)



3: [My Graduation Speech at @ San Francisco State University](#)



QUOTES:

HOMEWORK

Please take the quiz on the concepts taught during this lesson. The quiz is always the last lesson listed each class.

Optional Homework 1 of 2: Download, customize and complete daily your personal dashboard document mentioned IN EXERCISE PG-1-1-1-2.

Optional Homework 2 of 2: Complete these 10 sentences (please don't use the same answers that you wrote in Exercise PG-1-1-2-3):

1) Put 3 words in this box to start the sentence:

“...what people think of my....” (type any words you want in the box below to complete the sentence.).

2) Put 3 words in this box to start the sentence:

“...what people think of my....” (type any words you want in the box below to complete the sentence.).

Workbook for PG-1-1 (Personal Growth Semester 1, Class 1)

3) Put 3 words in this box to start the sentence:

“...what people think of my....” (type any words you want in the box below to complete the sentence.).

4) Put 3 words in this box to start the sentence:

“...what people think of my....” (type any words you want in the box below to complete the sentence.).

5) Put 3 words in this box to start the sentence:

“...what people think of my....” (type any words you want in the box below to complete the sentence.).

Workbook for PG-1-1 (Personal Growth Semester 1, Class 1)

6) Put 3 words in this box to start the sentence:

“...what people think of my....” (type any words you want in the box below to complete the sentence.).

7) Put 3 words in this box to start the sentence:

“...what people think of my....” (type any words you want in the box below to complete the sentence.).

8) Put 3 words in this box to start the sentence:

“...what people think of my....” (type any words you want in the box below to complete the sentence.).

Workbook for PG-1-1 (Personal Growth Semester 1, Class 1)

9) Put 3 words in this box to start the sentence:

“...what people think of my....” (type any words you want in the box below to complete the sentence.).

10) Put 3 words in this box to start the sentence:

“...what people think of my....” (type any words you want in the box below to complete the sentence.).