

## **NINE PRINCIPLES OF LIFE ENRICHMENT**

1. Each of us can achieve far beyond our horizons in avenues of life we have never explored.
2. Each of us has some basic goodness, which is the foundation for the greatness we can ultimately achieve.
3. Each of us must take responsibility for our actions, our well-being and the attainment of our maximum potential.
4. Self-awareness, self-approval and self-commitment are necessary for self-fulfillment.
5. Building and maintaining relationships is critical to social development both in the family and the community.
6. Mutual respect is the fundamental element of human relations.
7. We heighten our own lives when we help others heighten theirs.
8. Planning, measuring and executing are critical tools in the manifestation of our beliefs.
9. Each of us must model integrity in the making and keeping of our commitments.

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*Dream a Little Dream, Live a Big Life*

Allow yourself to dream by completing these sentences.

If I had my life to live over, I would\_\_\_\_\_

\_\_\_\_\_

If I had my way, I would \_\_\_\_\_

\_\_\_\_\_

My life would be more fulfilling if \_\_\_\_\_

\_\_\_\_\_

One person I highly respect is\_\_\_\_\_

\_\_\_\_\_

I spend most of my time\_\_\_\_\_

\_\_\_\_\_

One Goal I really want is\_\_\_\_\_

\_\_\_\_\_

I am happiest when\_\_\_\_\_

\_\_\_\_\_

One area I need improvement in my life is\_\_\_\_\_

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I am most proud of my ability to \_\_\_\_\_

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Three things I would like said about me if I died today are:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Read this exercise over and get to know yourself better so that you know exactly who you are and what you want. Then **GO AFTER YOUR DREAMS!**

# GOALS I *WILL* ACHIEVE IN 2003

## 1. Personal Goals

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## 2. Career Goals

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## 3. Giving back to my church and community goals

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## 4. My Spiritual Goals

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**Program yourself for success by reading your goals and scripture three (3) times a day.**

**Matthew 7:7**

**Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you; For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.**

# Contract With Myself

I \_\_\_\_\_, being of sound mind and serious purpose on this \_\_\_\_\_ day, month of \_\_\_\_\_ and year of \_\_\_\_\_, do hereby pledge to accomplish the following tasks:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

I further agree to accomplish these tasks by the \_\_\_\_\_ day, month of \_\_\_\_\_ and year of \_\_\_\_\_ and to be held accountable for any failure to accomplish what is set forth herein.

I further agree to share this contract with people who will support my efforts and hold me accountable for any failure to accomplish what is set forth herein.

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