

Preparation:

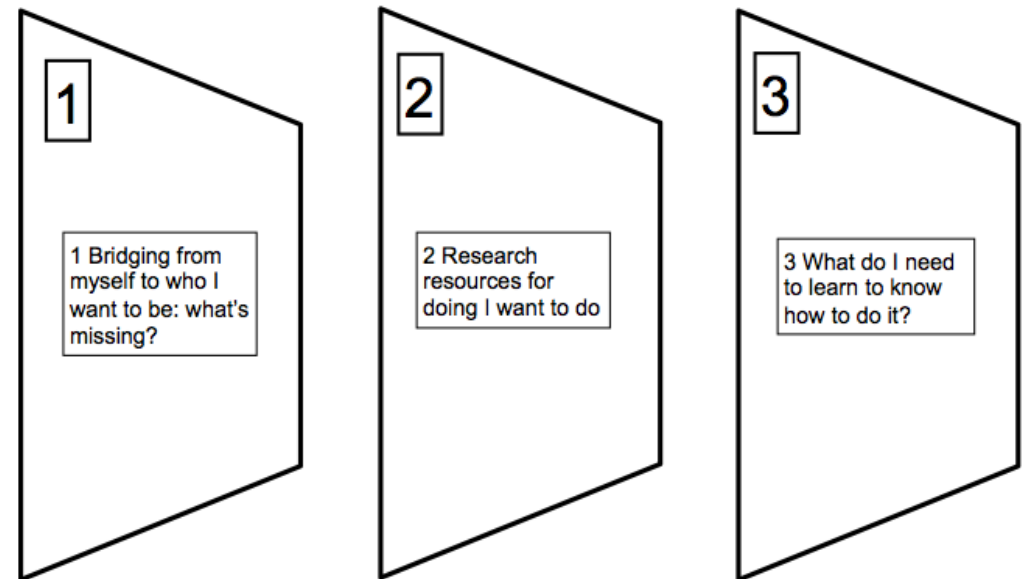
For personal improvement, you need to work with others. Think about how it would feel to have solved your most common problems. Start by reading about them, then ask others for suggestions.

During the Exercise:

Fill in each of the three panels below, answering the questions in order.

- Think about how you can help others solve their problems; how can you apply that reflection to your own?
- List the resources you need to attain your goals: subjects you need to study, processes you have to learn, people you need to collaborate with.
- Visualize your own image in motion: create empathy with your own future, then commit to it; write down the steps and follow them.

Networking and Finding Resources



Fill in each level with specific Resources

Key words: *Leadership, Planning, Mind control, Reprogramming oneself, Motivation, Self-motivation, Mindfulness*

For more information:

Manz, C.C. and Neck, C.P. (2004), *Mastering Self-Leadership: Empowering Yourself for Personal Excellence*, 3rd ed., Prentice-Hall, Upper Saddle River, NJ.

Further reflection:

- There are problems that cannot really be solved, but can be seen as different context for different events opportunities to take place.
If we know how to build housing out of wood, and we suddenly go to a place with no plants and lots of iced water, what houses should we do?
What do we need to learn? How can we learn it in an efficient way?