

SESSION 10

A LIFE-LONG BLUEPRINT FOR SUCCESS: EXPAND YOUR ACHIEVEMENT BEHAVIORS

OBJECTIVES

At the end of this session you'll be able to:

- *Maintain as a permanent part of your behavior every new high-achiever goal you set for yourself.*
- *Develop and acquire an expanding base of new high-achiever behaviors throughout your life.*
- *List the five steps of the high-achiever habit maintenance and expansion strategy.*

BACKGROUND

You can probably recall many things you have learned and resolved to use forever after. However, the learning may have fallen into disuse after a short period of time and you lost the skill or new behavior. You do not want to let the skills and new behaviors you have learned in "*The Neuropsychology of Achievement*" program fall into disuse and return to your old self-defeating behaviors. A good maintenance program will assure you of the continued use of the skills, goal-directed behaviors and positive habits you have chosen. Such a program will also allow you to utilize the strengths you acquire through self-mastery as a foundation to build an ever expanding internal structure of high-achiever behaviors, habit, and skills.

PRACTICE

1. Listen to audio Session 10, "A Life Long Blueprint for Success: Expand Your Achievement Behaviors."

1. Write a description of how you'll monitor your progress on your goal-directed behavior.

PROGRESS CHECK

Answer the question by filling in the blanks with the correct answer.

List each of the steps in the five part strategy for maintaining and expanding high-achiever behaviors and habits.

1.

2.

3.

4.

5.