Title:
Turbo Charge Your Personal Development

Word Count:
782

Summary:
Get 90% more from your current and future personal development programs using a system that no

Keywords:
Personal Development, Getting More, More Happiness, More Fun, More Life, Success, Freedom

Article Body:
You have just purchased your next personal development program / book and now what do you do?

Would you like to know how to get at least 90% more from all of the personal development progr

Yes, that would increase your results, but not as much as what I am going to share. Besides wh

Let´s say you are one of the few people that actually gets to the end of one of those personal

Your first step is to setup a system to insure you actually finish the program. It will do you

The first step is to get Accountable to someone that you will finish the program. Now this is

Tell your Accountability Buddy when you will complete this program and that you will be giving

Now you have a system in place to give you the best chance at completing your personal develop

Each day you scheduled yourself to listen to the program, write down a Yes or No to the questi

These two pieces of information are going to be what is in the progress reports you give your

Once you complete the program, review your progress reports and celebrate your victory with yo

Why does this work?

There are a couple of forces at play here. The first is being accountable to someone else. We

The next force at play is tracking what we are doing. No longer will life be a blur of events

We all make mistakes and slip up sometimes. It is only when we have no clue as to when it is h

Lastly, you are employing a system of super learning called spaced repetition to lock the new

Upon completion of the program, you lock the information in your long term memory with you´re

After you finish your personal development program and it is locked in your long term memory,

1. Find someone to get accountable to implementing the new information in your life.

2. Set up the days you will work on implementing the system.

3. Write down the key thing you did to implement the new information on that day.

4. Share your progress reports with your Accountability Buddy.

5. Celebrate your success and review your progress reports when complete.

If the new information you learned will take a long time to implement, feel free to break it d