

Rising Stars Text Outline

Chapter 1: LEADERSHIP	1
ARE LEADERS BORN OR MADE? DEVELOPING YOUR PERSONAL LEADERSHIP LEADERSHIP TYPES The Enhancer The Neutralizer The Diminisher YOUR LEADERSHIP STYLE	
Chapter 2: S-U-C-C-E-S-S	14
WHY DO PEOPLE SUCCEED? TAPPING YOUR HIDDEN POTENTIAL HEALTHY MISTAKES DEVELOPING A POSITIVE SELF-IMAGE POSITIVE SELF-TALK	
Chapter 3: GLANCING BACK	27
INFLUENCE FROM FAMILY YOUR FRIENDS CONFORMITY CHOICES LOOK INSIDE YOURSELF	
Chapter 4: ATTITUDE IS EVERYTHING	37
EVERYDAY HABITS WHY DO PEOPLE DEVELOP BAD HABITS? DEVELOPING GOOD HABITS ATTITUDES YOUR ATTITUDE CONTROLS YOUR PERSPECTIVE THE POWER OF YOUR ATTITUDE CHANGING YOUR ATTITUDE YOUR ATTITUDE TOWARD OTHERS	
Chapter 5: GOAL SETTING FOR SUCCESS	49
SETTING YOUR GOALS SHORT-RANGE GOALS LONG-RANGE GOALS TANGIBLE GOALS INTANGIBLE GOALS	

Chapter 6: ACHIEVING SUCCESS	61
GOALS AND YOU	
DREAM INVENTORY	
SELF-EVALUATION	
ESTABLISHING PRIORITIES	
ROADBLOCKS TO SUCCESS	
A SOLUTION FOR EVERY OBSTACLE	
Chapter 7: TURNING SOLUTIONS INTO ACTION	71
FRUSTRATION	
UNDERSTANDING FEAR	
FEAR OF FAILURE	
LEARNING FROM MISTAKES	
FEAR OF CRITICISM OR REJECTION	
FEAR OF THE UNKNOWN	
OVERCOMING YOUR FEAR	
COURAGE	
Chapter 8: WATCH THE CLOCK	81
CONCEPTS OF TIME	
PROCRASTINATION	
EXCUSES, EXCUSES	
REGRETS	
SELF-DISCIPLINE	
MAKING THE MOST OF YOUR TIME	
EASY TO USE TIME TIPS	
Chapter 9: DO YOU KNOW YOUR "SELF?"	91
UNDERSTANDING YOURSELF	
YOUR CRITICAL SELF	
YOUR EMOTIONAL SELF	
YOUR RATIONAL SELF	
"SELF" DEVELOPMENT	
POSITIVE GROWTH	
BELIEF THROUGH AFFIRMATION	
BEGIN NOW!	
VISUALIZATION	

Chapter 10: HUMAN NEEDS AND MOTIVATION	101
GUIDELINES FOR UNDERSTANDING HUMAN NEEDS	
(1) Physical Needs	
(2) Safety And Security Needs	
(3) Social Acceptance And Love Needs	
(4) Ego Or Self-esteem Needs	
(5) Self-fulfillment Or Self-actualization Needs	
METHODS OF MOTIVATION	
FEAR MOTIVATION	
INCENTIVE MOTIVATION	
ATTITUDE MOTIVATION	
Chapter 11: LEADING OTHERS	111
A CONCEPT OF LEADERSHIP	
AUTHORITY AND POWER	
DEVELOPING LEADERSHIP TRAITS	
GUIDELINES FOR GROWTH	
Chapter 12: DO YOU HEAR WHAT I HEAR?	122
COMMUNICATING WITH OTHERS	
THREE FUNDAMENTAL PRINCIPLES	
ACTIVE LISTENING	
EMPATHY	
Chapter 13: MAKING DECISIONS AND SOLVING PROBLEMS	132
YOUR VALUES	
HOW DO YOU SOLVE PROBLEMS?	
GATHERING INFORMATION	
Chapter 14: CONTINUING YOUR LEADERSHIP GROWTH	142
RE-EVALUATION	
THE HABIT OF GOAL SETTING	
BE AN INDIVIDUAL	
IS THERE AN AGE FOR ACHIEVEMENT?	