



The World's Best in Personal Development

# #12 Ideas

# Personal Development

# MADE EASY

To be well rounded, find some time  
to invest in yourself..

Chris Walker

# For the Employer

Employee motivation and satisfaction results from a daily investment in P.D – (Personal Development) as employees feel valued and able to grow they develop throughout their careers – the knock on effect is that the organisation also grows and develops. ... Learning helps develop sound working practices aligned to organisational goals.

Chris Walker

# For the Individual

**Personal development** is a lifelong process. It is a way for people to assess their skills and qualities, consider their aims in life and set goals in order to realise and maximise their potential.

Chris Walker

# For the Family

## Personal development

“Be like water making its way through cracks.  
Do not be assertive, but adjust to the object,  
and you shall find a way round or through it.  
If nothing within you stays rigid, outward  
things will disclose themselves.”

— Bruce Lee

# For Your Footprint

The importance of personal development can't be overstated. It's the secret to separating yourself from the pack, the bridge that carries you toward the goals you have yet to reach.

We spend a ton of time investing in things that numb us to the reality of how short life is—things like scrolling the internet for hours on end or watching TV to the point of restlessness. Entertainment is fun, but how much time do we save for ourselves? How often do we set aside dedicated time for personal development, where we are learning and growing in a way that defines our existence?

Chris Walker

1. "Income seldom exceeds personal development." — *Jim Rohn*
2. "Every moment of one's existence, one is growing into more or retreating into less."  
— *Norman Mailer*
3. "You cannot dream yourself into a character; you must hammer and forge yourself one."  
— *Henry David Thoreau*
4. "Life is growth. If we stop growing, technically and spiritually, we are as good as dead."  
— *Morihei Ueshiba*
5. "Personal development is a major time-saver. The better you become, the less time it takes you to achieve your goals." — *Brian Tracy*
6. "The only person you are destined to become is the person you decide to be." — *Ralph Waldo Emerson*
7. "Man's life is independent. He is born not for the development of the society alone, but for the development of his self." — *B. R. Ambedkar*
8. "Change equals self-improvement. Push yourself to places you haven't been before."  
— *Pat Summitt*

9. "There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self." — *Ernest Hemingway*
10. "Growth is the great separator between those who succeed and those who do not. When I see a person beginning to separate themselves from the pack, it's almost always due to personal growth." — *John C. Maxwell*
11. "Personal development is the belief that you are worth the effort, time and energy needed to develop yourself." — *Denis Waitley*
12. "Be patient with yourself. Self-growth is tender; it's holy ground. There's no greater investment." — *Stephen Covey*
13. "One can choose to go back toward safety or forward toward growth. Growth must be chosen again and again; fear must be overcome again and again." — *Abraham Maslow*
14. "Investing in yourself is the best investment you will ever make. It will not only improve your life, it will improve the lives of all those around you." — *Robin Sharma*
15. "In this world you're either growing or you're dying, so get in motion and grow." — *Lou Holtz*



# 12 Ideas Personal Development MADE EASY

Chris Walker





# #1 Do It Daily

Chris Walker

# #1. Do It Daily

There is a holistic well-rounded way of looking at yourself. Avoid cherry picking. Daily improve all 6 aspects of yourself. Growth in one area must be matched with growth in other areas to be sustainable. Be a well rounded person. Develop yourself holistically.





# #2 Organise Yourself

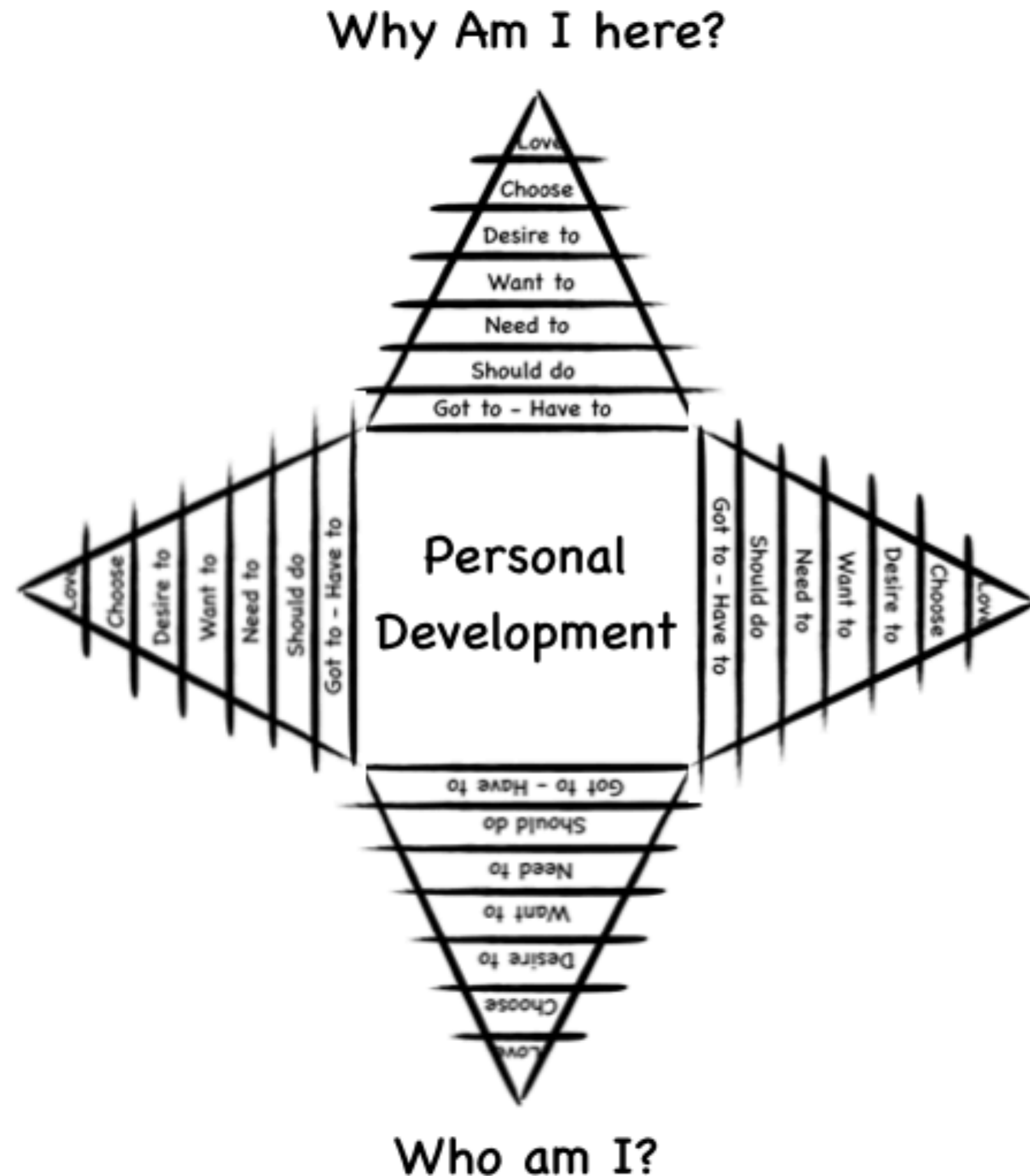
Disorganised knowledge leads to confusion.

Chris Walker

# #2 Stay Organised

Organised personal development leads to confidence. Keep a file/journal with a helicopter view of the big picture and then fill in the small details daily. There are only four questions in Personal Development and you will seek to answer them in so many ways in all seven areas of life. Keep a big picture perspective on your daily personal development to remain calm, clear and confident about yourself

Where have I been?

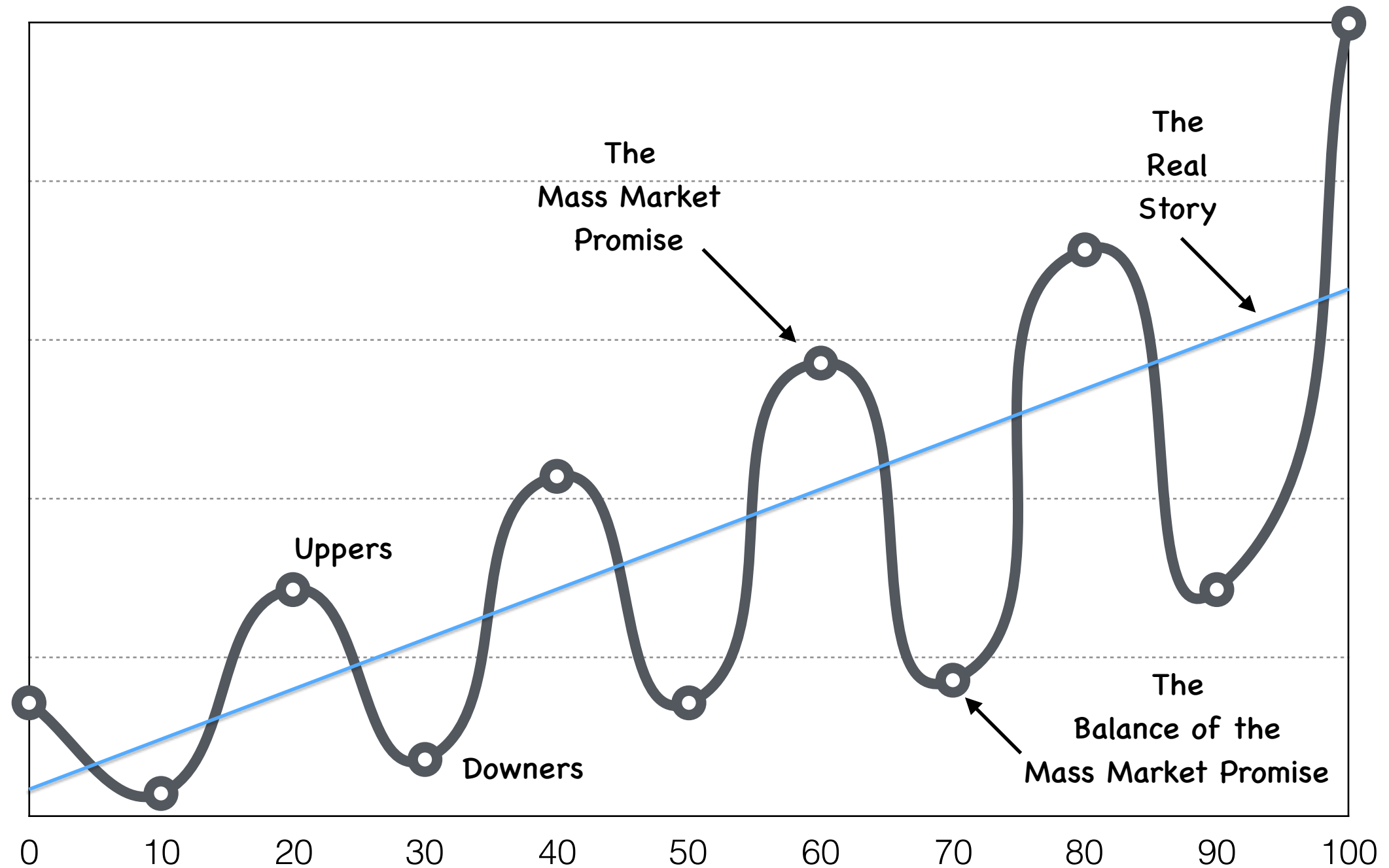




# #3 Action is worth 1,000 words.

Beware of the Mass Market promise of uppers without downers... The mass market books you read about Personal Development are written for the masses and will self-contradict. New York Best Selling Books rarely stand the test of time. They are fads and fashions that go out of style and then new books come in promising new false uppers and causing new balanced downers. (Same with high volume podcasts.) The only book you'll ever really need, is you.

# You Grow at The Border of Order and Chaos





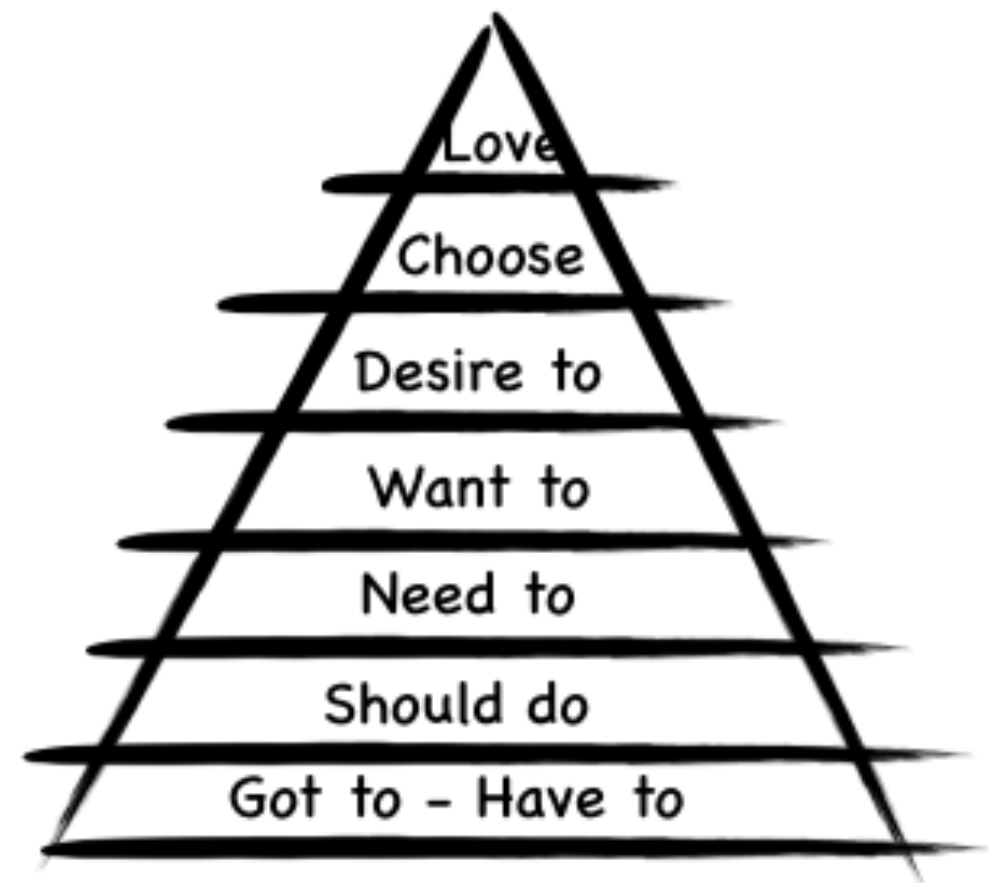
# #4 You Can Control Your Thoughts

The human mind can change the vibration of atoms, molecules and sub atomic particles. Therefore, we can cause or sabotage the things we want in life by our thoughts. The key in Personal Development is to accept that what happens to you is what you caused, and when you want to change it, you start by changing your thinking.

# #4 You can control your thoughts

Knowing what is a good thought, and what is a destructive thought, separated personal development into two camps: What feels good versus what does good. This means you have to choose between doing or feeling good. One builds a great life, the other leads to mental health problems and self-sabotage. Make this choice as soon as possible to keep yourself on track and mentally healthy.

## 7 Levels of Human Being



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# #5 Expectations Block

## Love

We want to love our life, work, self, partner, kids, ice-creams and sport teams. We need love, to be loved and to love. We should be loved and loving. And at some level we've got to have love to survive and thrive in life. So, we must ask ourselves: "what on earth could get in the way of loving life, self, other?" What could be so important that we would allow it to block something as fundamental to life as oxygen and sunlight? The answer is: Expectations.

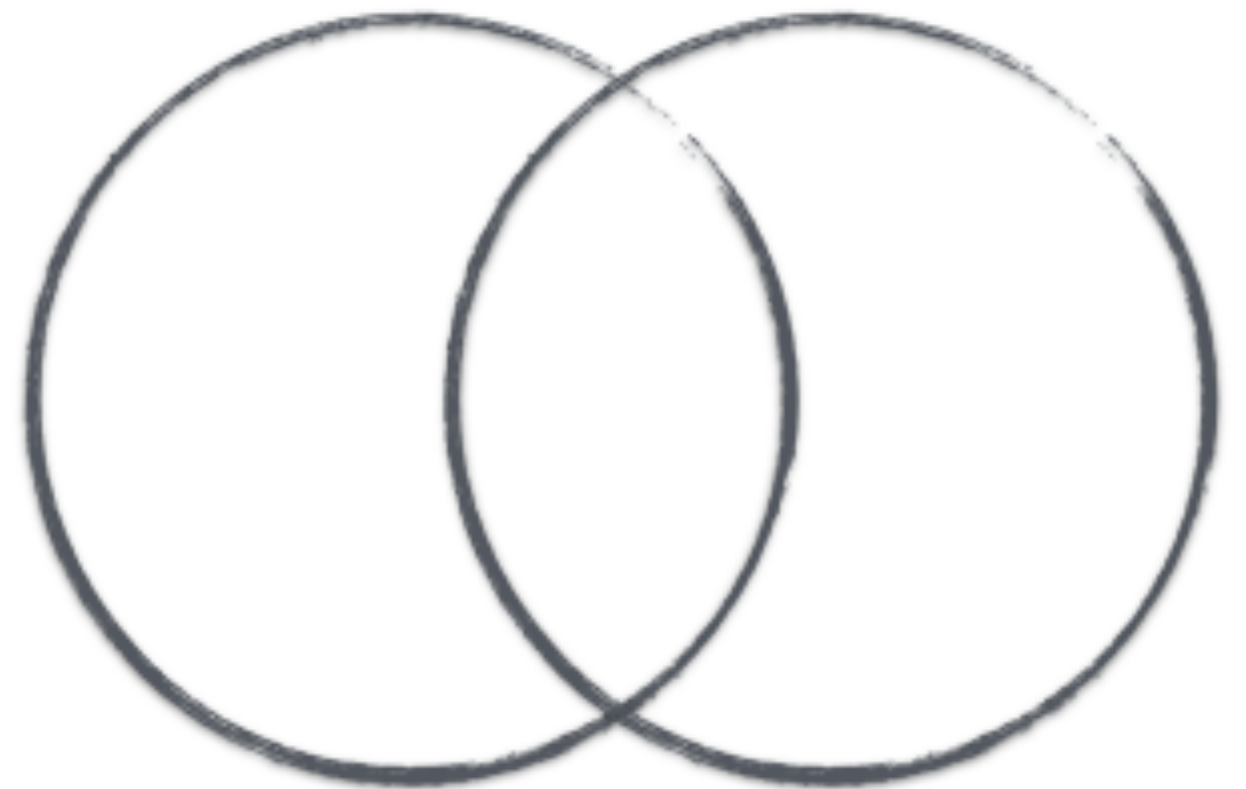
# #5

## Expectations Block Love

When two people are the same, one of them isn't necessary. A good work or home relationship is built on diversity in goals, beliefs and result.

However, we must recognise 33.333% of our vision in the other person's vision, and then there will be harmony. More than this, we run, less than this we chase. This is the true balance of love in life.

### Relationships



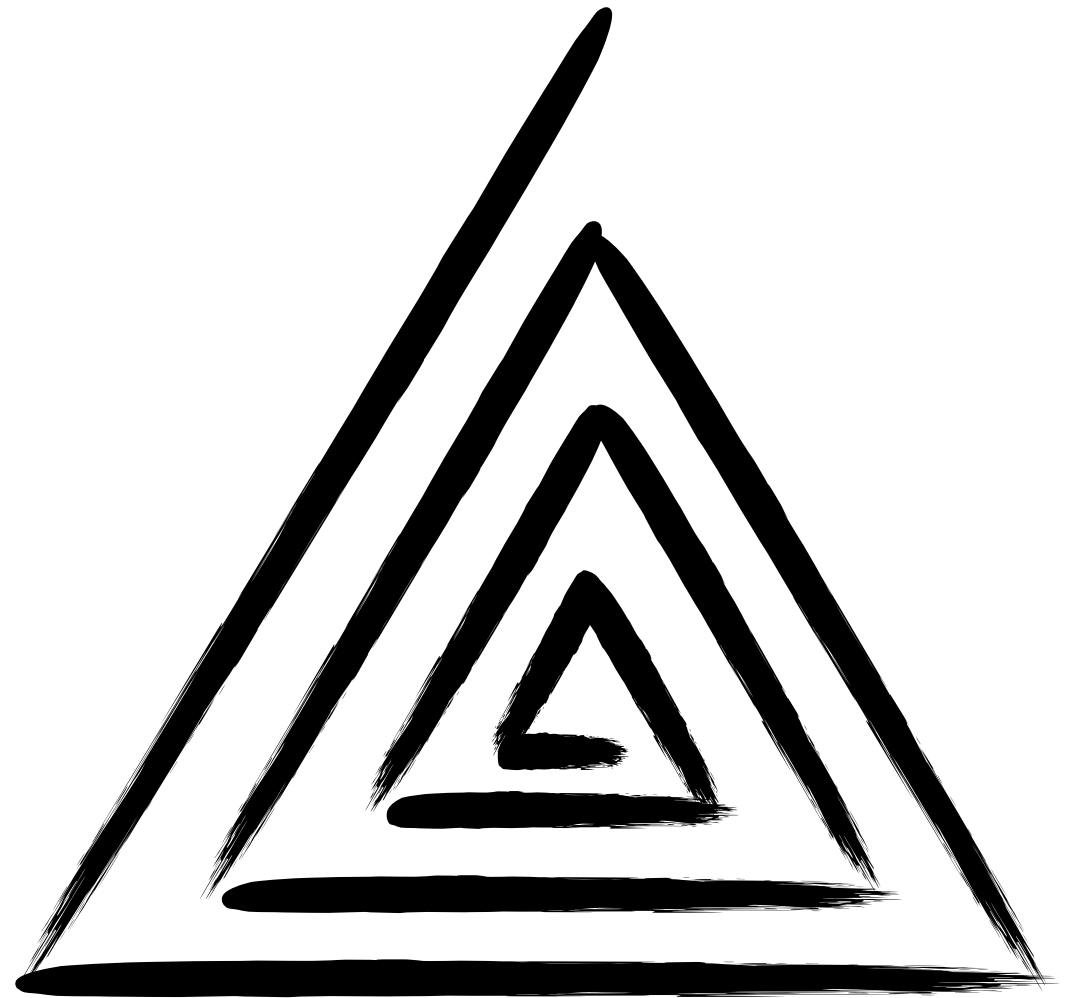


## #6 The size of your vision determines the size of your life.

The one thing that always changes, must change in your life is your vision of the future. One goal achieved births two more. Personal Development keeps you expanding, growing and stepping up to new possibilities in your career and personal life. If you stop growing, you're dead.

# #6. The Size of Your Vision - determines the size of your Life

Nobody does more to you than you do to yourself. Be aware of holding yourself back. Recognise when your vision is stuck, have courage a step, mindfully beyond it. Grow and nature will back you.





# #7 Respect others by Respecting Yourself

There are seven areas of life. Your values will dictate which one or two you will spend most time in. However, all seven areas must be healthy and balanced, visioned and goal driven - this is self respect and by doing this, you will be the person you want to be for others too.

# #8. Respect Others by Respecting Yourself

If you are coming home with more energy than you went to work with, then you are spot on track with your personal development, but if not, read the signs early, those red flags, tiredness after work, are early warnings of a more serious issue if left unattended.

**Seven Areas of Life Balance**





# #9 Tap the Ball, Life's not a sprint

When something goes wrong in your day, week, year it's not a failure, it's an opportunity. Don't worry about what people think, they'll change it next week. And if you didn't ask for or wouldn't pay for advice, don't listen to it.

# #9 Tap the Ball, Life's Not a Sprint...

Nature has given you four warning signs that you need to fix something in your personal development. If you sniff any one of these appetites getting out of control, best to seek help, it's hard to see personal truth looking in a mirror.

## The Four Substitutes (4 appetites)



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# #10 Have a Growth Mindset

All human suffering comes from a fixed mindset. A growth mindset is a mindset that celebrates challenge as an opportunity to evolve or grow. A fixed mindset tries to be right at all cost. It's better to wear sandals than want to coat the world with leather.

# #10 Have a Growth Mindset

Your personal development can maintain a growth mindset by keeping four great mental attitudes alive: grateful for the past, Inspired about the present, Visionary about the future and enthusiastic about action.





# #11 Develop Mental Strength

At the elite level of sport and business what separates individuals is their mental strength. The ability to focus, hold resilience, work hard without becoming defeated or negative. Mental Strength can be learnt.

# #11. Mental Strength

100% of all mental health problems, stress and emotional issues are solved by developing mental strength. It is a flexible adaptive state of mind. It is also the key to great leadership, sport success and personal wellbeing.

## MENTAL STRENGTH



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# #12 Do Your Power Hour Daily

At the elite level of sport and business what separates individuals is their mental strength. The ability to focus, hold resilience, work hard without becoming defeated or negative. Mental Strength can be learnt.

# #12 Do your Power Hour Daily

Get some exercise  
Be in Nature  
Discard a judgement  
Grow your idea  
Expand your vision  
Build some mental strength  
Add value

Your Daily  
Frustra Busta



# Power Hour – Personal Development

## Spread it Over Your Day

30 min

15 min

15 min

Before  
Work

At  
Work

After  
Work

Vision  
&  
Exercise

Mental  
&  
Spiritual

Turning Up  
&  
Other

Vision

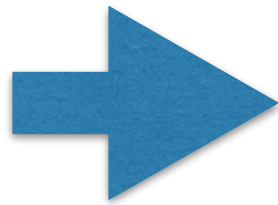
Inspiration

Purpose

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# Innerwealth Personal Development Can Prevent this!!!



If it doesn't make you smile  
and enjoy your life and work  
more, then it isn't a Chris  
Walker programme.

