

Contents

Contents	vii
Introduction	1
Chapter 1.....	4
Love – the Foundation	5
Visual.....	8
Thought	9
Speech	12
Summary to Love	20
Chapter 2.....	22
Belief – The Beginning of Creation.....	23
Visualise	25
Positive Self-affirmation.....	26
Action	28
Reward yourself.....	32
Belief in others	35
Summary to Belief.....	37
Chapter 3.....	38
Dream – the Fuel of Creation	39
Goals.....	41
Plans	44
Work.....	46
Reward.....	51
Summary to Dream.....	55
Chapter 4.....	56
Attitude – Key to Opportunities	57
Gratitude	60
Humility.....	60
Optimism	62
Worthiness.....	64
Understanding others’ styles	65
Summary to Attitude	80
Chapter 5.....	82
Contribution – Action of Creation.....	83
Generosity	84
Tithing	86
Gifting	87

Receiving	89
Summary to Contribution	90
Chapter 6	92
Integrity – Insuring a Lasting Creation	93
Self-Control	93
Silence	95
Order	96
Decision	97
Productiveness	97
Sincerity	100
Propriety	101
Chastity	102
Summary to Integrity	105
Chapter 7	106
Communication – the Medium	107
Listening	108
Speaking	115
Writing	118
Electronic Methods	121
Non-verbal communication	125
Summary to Communication	126
Chapter 8	128
Leadership – Putting it All Together	129
Walk your talk	133
Encourage	136
Be solution orientated	139
Constantly work on your level of leadership	142
Summary to Leadership	146
Conclusion	149
Appendix 1 – Goal Setting Example	151
Run Paris Marathon 4th Apr 2004	151
Other Works By Samuel Blankson	155
About The Author	174