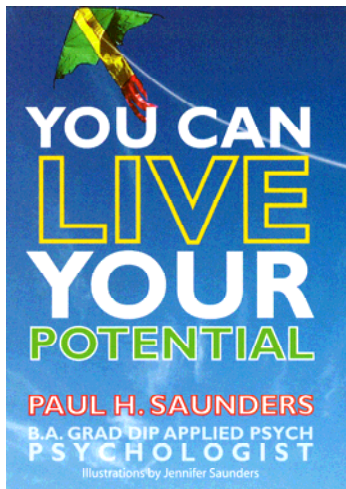


# NEW RELEASE



## You Can Live Your Potential



**Author: Paul H. Saunders**  
(B.A. Grad Dip Applied Psych)

**2007**  
**Pages: 110**  
**Binding: Paperback**  
**ISBN-13: 9780980344301**

**Aust. RRP: \$20\* (Incl. GST)**

### Overview

This book is well researched, easy to read and includes practical techniques and tips to use immediately.

- Easy to follow 7 step model
- Proven psychology base
- Real life examples
- Clear explanations
- Safe techniques to use.

**ORDER ONLINE NOW**  
[www.psychassessments.com.au](http://www.psychassessments.com.au)

## Reviews

“Having worked with Paul a number of years now, his success in developing individuals and teams to live their potential has been clearly measurable. Paul connects with people on all levels and walks of life helping them to establish goals, change habits and think positively about themselves. You will gain great benefit from Paul’s advice.”

- **Andrew Grant, General Manager, Foster’s Beverage Services and Hospitality.**

“Paul’s work in helping our people live their potential has been a major factor in creating an inspired and energised leadership culture. His ability to crease insight and personal transformation is second to none. I highly recommend taking the time to work through this book to help your own journey.”

- **Steve Arthurson, OPIC Australia**

## About the Editor

Paul H. Saunders is a psychologist, business coach, director, author and motivational speaker. Paul became aware of his ability to understand and help individuals when he was studying to be a psychologist and working as a parole offer, then Correctional Centre Manager for the Justice Department in Victoria.

In 1991, he formed the successful psychology and consultancy business he operates today. Paul travels the globe consulting and coaching business owners, leaders in corporations, franchise groups, family businesses and sports professionals.

Paul’s love of the ocean and the environment was converted into action in 2005, when he was elected President of the Australian Marine Conservation Society (AMCS).

## Audience

Psychologists, executive and life coaches, business consultants and individuals interested in personal development.

## **Table of Contents**

How to Use This Book  
Foreward

The Seven Steps to Living Your Potential

### **Step 1: Knowing What's Important**

In The Beginning  
I'd Love That Job  
What is Important to Me?  
What Are Our Personal Values?  
How Our Values Develop  
Influences on Personal Values  
What Feedback?  
Exercise: Personal Values  
Making Your Values Part of Your Daily Life

### **Step 2: Knowing What Motivates Me**

Getting Out of Bed  
A Hierarchy of Needs  
Father and Son  
Exercise: What Motivates You?

### **Step 3: Vision and Goals**

Creating a Vision of Your Future: Creating a Self-Fulfilling Prophecy  
Secret Exposed  
So How Do You Create a Vision of Your Future?  
I'm Too Sick  
Exercise: Your Vision Statement  
Creating Goals for Your Vision  
How Do I Set Goals to Achieve My Visions?  
My Goals  
My "Live Your Potential" Plan

### **Step 4: Positive Self Image**

This is Me  
Distorted Mirror  
Exercise: Creating a Positive Self Image  
Visualisation Planning Exercise

### **Step 5: Aligning Self-Talk**

The Accident  
Best Franchisee Speaks  
Exercise: Bring on the Positive

## Table of Contents (Continued)

### Step 6: Creating a Supportive Environment

Creating the Environment for Living Your Potential  
Sleeping Dynamo  
Exercise: Supports  
Footprints in the Sand

### Step 7: Develop Successful Habits

What are Habits?  
A Leopard With Different Spots  
Be Clear: Make It Happen  
I Have To Do Everything  
Can Make It Tonight  
How Do You Change Habits?  
Self Control and Developing Successful Habits  
Exercise: Change of Habit

My 7 Steps to Potential

My Vision

Acknowledgements

Bibliography

About the Author



PO Box 27, Jannali NSW 2226

Tel (02) 9589 0011 Fax (02) 9589 0063

Email: [infopaa@psychassessments.com.au](mailto:infopaa@psychassessments.com.au)

[www.psychassessments.com.au](http://www.psychassessments.com.au)