**15 Principles of Personal Development**

1. You become what you think about over time.
2. Maintain character and integrity at all times.
3. Develop and maintain a positive mental attitude.
4. Discover your spirituality and put it into practice.
5. Establish goals and review regularly.
6. Spend quality time with family and those that mean a lot to you.
7. Establish a sound financial plan.
8. Take care of your body and overall health.
9. Read daily and increase your knowledge, skills and vocabulary.
10. Learn to laugh and have a sense of humor.
11. Be a giver.
12. Establish and maintain the habit of self-control.
13. Always look for ways to improve.
14. Understand the principles of leveraging and compounding.
15. Take time to measure your activity and progress.

Personal Development will Change You and take you from where you are to where you need to be.