

The Fulfillment Chronicles

Best Practice in Personal Development

July 2024

Beginning the Journey

Self help has become a popular initiative in the US and worldwide. Books, podcasts, professional help, and other resources have grown to the point where the **resources are virtually un-navigable for the novice**. And the veracity of the resources has become critical **to keeping the inspiration and motivation practical and actionable enough to deliver desired results**.

Your personal development initiative may result from an urgent need to resolve a specific difficulty or the desire for a comprehensive fulfillment plan for your entire lifetime. Starting out, you probably lack sufficient self knowledge, you don't know what you don't know, you don't understand your risk tolerance or goals, and you don't know where to begin.

This is where [Lifelong Fulfillment](#) comes in. **Lifelong Fulfillment**, combined with [Vision In Action, Live!](#) podcasts, provides baseline information on personal development, vetted self help books, podcasts, professional help advice, and dependable personal development processes. These allow you to make good informed decisions about what's appropriate, a priority, and actionable using **Lifelong Fulfillment**, other point solutions, and professional help. This results in better choices and doesn't waste your precious resources. It optimizes engaging credentialed point solutions like Neurolinguistic Programming (NLP), Life Mastery, and Career Transition with course, podcast, book, or professional help.

Develop Your Vision

Personality profiles, risk assessments, and fulfillment goal setting can be done on one's own on line. It is recommended that you do the minimum of Myers-Briggs, VIAS, DISC, risk, and Personal Fulfillment Goal setting to baseline your self knowledge and strategic goals. This information will prove useful as you get deeper into personal development on your own and with professional help.

Here are some **online resources for self assessment**. You can search for other resources if necessary.

Listen to [Who Are You Really? The Puzzle of Personality](#), Brian Little, PhD

Read up and take the personality tests, keeping copies of your results for reference.

- **Myers-Briggs** (Jungian), <https://openpsychometrics.org/tests/OEJTS/>
- **Values Inventory Assessment of Strengths** (Positive Psychology), www.viacharacter.org
- **Open DISC Assessment Test**, <https://onlinedisctests.com/>
- **Personal Risk Profile**, <https://aidaform.com/templates/risk-profile-assessment-tool.html>
- **Personal Fulfillment Goal of Wisdom, Happiness, or Fulfillment**, <https://lifelongfulfillment.com/fulfillment-vs-happiness/>

Read <https://lifelongfulfillment.com/establish-your-vision/>. Brainstorm your desires for career, achievement, experience, family, etc. in light of your assessments, and do it **without prejudice**,

judgement, or external influence. Prioritize your desires using the Pareto (80/20%) Rule to the few that matter right now. Look at risk, constraints, and resources for what it takes and when to move forward.

Now, work your personal development objectives with books, podcasts, and study (<https://lifelongfulfillment.com/bibliography/>). You can engage online educational resources detailed later in this document as appropriate. Seek out point solution professional help as needed using the background provided here. The details are at www.lifelongfulfillment.com.

Do It Yourself Resources

OnLine Academies Doing Personal Development

(<https://mastermindflow.com/8-best-websites-for-personal-development-online-courses/>)

Master Mind Flow

Life Mastery Program that consists of 3 courses: The Past Self Mastery Course provides and in depth analysis of your memories, you will take ownership of your past and learn wise lessons from your it. Present Self Mastery will help you discover your personality with the worlds most popular Personality Assessment based on the 5 Big Personality Traits. Future Self Mastery is the cherry on the pie, designed to help you set and achieve your life goals in an efficient and very organized manner. You will create a plan for your next 3 to 10 years and develop a system to make it happen. Key features:

- The platform fully focuses on self-improvement and growth.
- Master Mind Flow offers the most comprehensive Life mastery program online
- Quizzes to help your growth towards self-mastery.
- Free courses are available with certificates.

Pricing: No subscription. Most of the courses are free.

Udemy

A digital platform for career advancement and personal development. The over 200,000 courses including personal development programs. Key features:

- Udemy offers courses at beginner, intermediate, and advanced levels.
- You can get some courses for free while you have lifetime access to paid courses.
- You can also get major discounts for most of their courses.
- Udemy certificates are widely recognized by many leading companies.
- There's a 30-day money-back guarantee.

Pricing: affordable, with some going for as low as \$20 and as high as \$200. Also subscription plans.

Khan Academy

Nonprofit e-learning platform with Life Skills. Key features:

- Designed for learners to college age. However, anyone can access it.
- It centers on US schools' curriculum, well-rounded platform for anyone.
- Courses are totally free and self-paced.
- Online classes with video content, assignments, and quizzes.
- You can access lessons without creating an account.

Pricing: Khan Academy charges zero fees.

Coursera

Online courses accredited by over 250 international universities and companies. Quality tutoring by industry experts. Learn soft skills and receive professional certifications. Key features:

- Over 43,000 certified programs are available.

- Unique teaching style different from other learning platforms.
- Free course options and financial aid.

Pricing: \$25 – \$25,000. You can also subscribe monthly for \$59 or annually for \$399.

Other Online Learning Venues

- **MasterClass** - developing hobbies and creativity, crafts, photography to cooking skills.
- **Mastermind** - for people who wish to create successful online mastermind businesses. Features various professionals' courses on personal development and skill learning.
- **edX.org** - university-level training courses including a large variety of personal development courses from world-class universities such as Harvard, Berkeley, and Oxford, etc.
- **Skillshare, LinkedIn Learning, MIT OpenCourseWare, Alison, Olanab Academy, YouTube** (Adebayo Olanrewaju, December 30, 2023)

Engaging Professional Help

There are 34,200 certified coaches in USA, 109,000 worldwide. 72% of coaches are women. In addition to coaches, in USA there are 56,536 psychiatrists, 728,600 social workers, and 363,850 education, guidance, and career counselors offering professional help.

Professional help from coaches, counselors, therapists, et al is available to address personal development overall and specific point solution requirements like PTSD, Law of Attraction, ADHD, Career Change, Strategic Thinking and Planning, and Personal Finance, communications, health/wellness, interpersonal relationships, organizational leadership development, personal growth, self confidence, team effectiveness, and work-life balance. Access to coaching resources are at **Life Coach Hub** with a 3500 directory of CPCs, Psychiatrists, Therapists, and MDs, at the **Life Coach Magazine Directory**, at **Life Coach Directory**, at **Noomii**, and at **ICF's Credentialed Coach Finder** hosting 33,366 professionals, and the **other certification agencies**.

Certification is important to results according to the International Coaching Federation, "Anyone can call themselves a coach. ICF-credentialed coaches are professional coaches who have met stringent education and experience requirements, and have demonstrated a thorough understanding of the coaching competencies that set the standard in the profession. In addition, ICF-credentialed coaches adhere to strict ethical guidelines as part of ICF's mission to protect and serve coaching consumers."

Personal Development Coach Certification – 11 Organizations

Certification Agencies (some with lists of certified coaches)

1. **ICF (International Coaching Federation, USA)** - Associate Certified Coach (ACC), Professional Certified Coach (PCC), Master Certified Coach (MCC)
2. **BCC (Center for Credentialing and Education, USA)** – ACS/Supervision, BCC/Coaching, BC-TMH/Mental Health, DCC/Distance, GCDF/Career, HS-BCP/ Human Services
3. **INA (International NPL Association, International)** - NLP Practitioner, NLP Master, NLP Trainer, NLP Coach, Life Coach
4. **AADP (American Association of Drugless Practitioners, USA)**
5. **HCA (The Health Coach Alliance, Canadian)**
6. **CAIN (Canadian Association of Integrative Nutrition, Canadian)**
7. **IAC (International Association of Coaching, Worldwide)** - IAC-Masteries Practitioner™, IAC-Certified Coach™ and IAC-Master Coach™
8. **IICT (International Institute for Complementary Therapists, Australia)**,
9. **AC (Association for Coaching, UK)**, - Individual/Supervision/Leader/Team Coach

10. **ICOES (International Council for Online Educational Standards, Dutch),**
11. **SLA (Strategic Learning Alliance, USA) - Human Resource Associate, Certified Professional Coach, Certified Professional Negotiator, Certified Professional Leader**

>245 Coaching Schools in US and Abroad. A select few are:

<u>Training Organization</u>	<u>Program Name</u>
<u>ACT Leadership at Brown University</u>	Leadership + Performance Coaching Certification Program
<u>Butler Institute for Families, University of Denver</u>	Academy of Professional Coaching
<u>Duquesne University</u>	ADAPT Career Coaching
<u>Fielding Graduate University</u>	Evidence Based Coaching Program
<u>Goizueta Business School, Emory University</u>	Advanced Executive Coaching Certificate
<u>Goizueta Business School, Emory University</u>	Executive Coaching Diploma Program - Foundations Coaching Psychology Program (Master's in Positive Psychology)
<u>Life University</u>	
<u>Lipscomb University College of Professional Studies</u>	Performance Coaching Program
<u>Montgomery College - Workforce Development and Continuing Education</u>	Coaching Certification Program
<u>New York University</u>	Master of Science in Executive Coaching and Organizational Consulting (ECOC)
<u>Saybrook University</u>	Saybrook University Certificate in Integrative Wellness Coaching
<u>Sofia University</u>	Leadership and Transformative Life Coaching
<u>The Institute for Integrative Intelligence ®</u>	Certified Professional Integrative Coach (CPIC)
<u>The Life Coach Certification Group</u>	Success Conversion Coaching

Coach School Certifications of Interest

<u>Life Coach Certification Programs</u> (https://www.lifecoachmagazine.com/best-life-coach-certification-programs/)
<u>Coach Training Alliance</u> – Best for Building a Coaching Business and Affordable ICF Accreditation
<u>Transformation Academy</u> – Best for a Budget
<u>iPEC</u> – Best Advanced Coaching Certification
<u>The Life Coach School</u> – Best for Mindset Coaching
<u>iNLP Center</u> – Best for NLP Coaching and Hypnosis
<u>Nickerson Institute</u> – Best for Holistic Health Coaching
<u>Inspired Spirit Coaching Academy</u> – Best for Law of Attraction & Money Mindset Coaching
<u>iACTcenter</u> – Best for ADHD Life Coaching
<u>Relationship Coaching Institute</u> – Best for Relationship Coaching
<u>Life Energy Coaching</u> – Best for Energy Coaching
<u>Human Potential Academy (HPA)</u> – Best for Human Potential Coaching
<u>Life Coach Training Institute</u> – Best for Interactive Affordable Learning
<u>CreativeMind</u> – Best for Jungian Approach to Life Coaching

In Summary

Personal development is a lifelong initiative that evolves over time; patience and persistence is required to achieve the results you seek. Best of luck with your search for lifelong fulfillment.

Go to www.lifelongfulfillment.com for the eBook, FAQs, Resources, **The Fulfillment Chronicles, and Vision In Action, Live!**

Point Solution Book Review

The Good Life, Lessons From The World's Longest Scientific Study of Happiness, Robert Waldinger, MD, Marc Schultz, PhD, 2024

This book reports on the **Harvard Study of Adult Development** and its progress since its beginning in 1938. It began that year tracking 208 sophomore boys enrolled at Harvard and 456 inner city boys of similar ages in the Boston metropolitan area, their families, and then their descendants into the present day. The research study is a prospective (present day) longitudinal study of this population and maintains 84% participation 84 years after its inception.

The key question for the study was to determine what happiness was and who and how it is achieved, where happiness is the catchall for happiness, fulfillment, contentment, thriving, flourishing, and the rich life leading to wisdom. The authors point to Aristotle's eudaimonia (meaning and purpose) as enduring happiness versus hedonia which he believed to be fleeting. Here are a few of the general findings,

- Humans are bad at affective forecasting
- Below \$75,000/year income, income and happiness correlate directly. Above \$75,000/year, income doesn't correlate as other interests come into play.
- Baseline happiness is a function of genetics and personality and though one can be more or less happy than their norm at a given moment, people's happiness will revert to their personal norm.
- 40% of an individual's actions are directed at growing and maintaining happiness.
- **The most important determination is that happiness and longevity depends on interpersonal connections and relationships.**

Details of their research are at www.lifespanresearch.org. Drs Waldinger and Schultz review individual experiences of the study participants over the length of the study. They also review a selection of current research by other experts in happiness. The book is also well documented in its bibliography for reference materials. The book is recommended reading for those interested in human development, satisfaction, and longevity.

Jim Boswell, 6/1/24

Point Solution Podcast

[Essentialism | Greg McKeown | Talks at Google - YouTube](#)

[Stephen M R Covey - 7 Habits of Highly Effective People](#)

[AQ, the core of our inheritance | Dr. Paul Stoltz - YouTube](#)