

SELF-ENHANCEMENT POSSIBILITIES

1. HEALTH

<input type="radio"/>	Weight control
<input type="radio"/>	Physical condition: Improve stamina, body shape and tone, vitality.
<input type="radio"/>	Stop self-defeating behaviors: Eliminate drug, alcohol and tobacco abuse; stop avoiding dentist or doctor.

2. INTELLECTUAL SKILLS

<input type="radio"/>	Reasoning: Spot logical errors, semantic fallacies.
<input type="radio"/>	Analysis: Learn to ask better questions.
<input type="radio"/>	Articulation: Learn to express ideas orally and in writing.
<input type="radio"/>	Information: Acquire knowledge, form opinions based on evidence.

3. EMOTIONAL SKILLS

<input type="radio"/>	Empathy training: Listen better, increase sensitivity to others' wants and feelings
<input type="radio"/>	Assertion: Improve communication of feelings, positive and negative, verbally and nonverbally; expressing opinions; standing up for rights.
<input type="radio"/>	Relate to children in a non-authoritarian way.
<input type="radio"/>	Experimental relating: Do opposite of "natural" tendency; choose previously rejected persons; tolerate discomfort.
<input type="radio"/>	Loneliness tolerance training: Gradually increase periods of solitude.
<input type="radio"/>	Rational-emotive therapy: Integrate feelings, beliefs and actions; understand cognitive blocks to emotional well-being and effective living.

4. SEXUALITY

<input type="checkbox"/>	<input type="radio"/>	Information: You can't know too much: check truth of commonly held ideas.
<input type="checkbox"/>	<input type="radio"/>	Freedom from compulsions: Challenge ideas behind compulsions
<input type="checkbox"/>	<input type="radio"/>	Remove inhibitions that are self-defeating: express wishes, dreams, desires.
<input type="checkbox"/>	<input type="radio"/>	Experimentation: Vary partners, techniques, circumstances, approaches.

5. INTERESTS AND ACTIVITIES (RECREATIONAL)

<input type="checkbox"/>	<input type="radio"/>	Follow up on long-desired interest or activity
<input type="checkbox"/>	<input type="radio"/>	Intensify current hobby.
<input type="checkbox"/>	<input type="radio"/>	Take up related hobby, sport or pursuit.
<input type="checkbox"/>	<input type="radio"/>	Try several new interests or activities – you may like one or two

6. SELF-MANAGEMENT

<input type="checkbox"/>	<input type="radio"/>	Cooking and food preparation.
<input type="checkbox"/>	<input type="radio"/>	Home and auto maintenance.
<input type="checkbox"/>	<input type="radio"/>	Bookkeeping, budgeting, and tax records.

7. SOCIAL SKILLS

<input type="checkbox"/>	<input type="radio"/>	Develop friendships; or enhance intimacy of old ones
<input type="checkbox"/>	<input type="radio"/>	Improve skills in dealing with sex-love partners: Meeting, initiating, attracting, etc.
<input type="checkbox"/>	<input type="radio"/>	Express more affection: See no. 3 above.

8. CAREER/INCOME

<input type="checkbox"/>	<input type="radio"/>	Investigate potential for advancement.
<input type="checkbox"/>	<input type="radio"/>	Check out other positions, salaries
<input type="checkbox"/>	<input type="radio"/>	Investigate investment possibilities, freelancing opportunities

9. PERSONAL ENVIRONMENT

<input type="radio"/>	Evaluate residence and possessions.
<input type="radio"/>	Dispose of inappropriate items, and acquire relevant ones.