

# PERSONAL POWER TRAINING™

## THE GOALS PRIORITY SHEET

IMMEDIATE

SHORT TERM

LONG TERM

MAJOR PURCHASES

MINOR PURCHASES

# PERSONAL POWER TRAINING™

## PERSONALITY PROFILE I

Name \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Country \_\_\_\_\_  
Today's Date \_\_\_\_\_ Your age \_\_\_\_\_ Profession \_\_\_\_\_  
Best time to reach you and at which phone number \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

In the order of their priority, please code the following characteristics you would like to obtain from PERSONAL POWER TRAINING™.

**Please rank these items using the following numeric code.**

**10 Points = Important, I want immediately**

**5 Points = Important, but secondary**

**0 Points = I possess satisfactory skills**

- \_\_\_ Develop more energy in daily life.
- \_\_\_ Develop more self-confidence.
- \_\_\_ Develop more WILL power.
- \_\_\_ Develop more self-discipline.
- \_\_\_ Develop stronger and longer concentration abilities.
- \_\_\_ Develop dynamic public speaking skills.
- \_\_\_ Become more self-expressive.
- \_\_\_ Become more spontaneous and direct in communication.
- \_\_\_ Control bad habits.
- \_\_\_ Break the worry habit.
- \_\_\_ Develop leadership qualities.
- \_\_\_ Develop executive qualities and traits.
- \_\_\_ Improve my memory.
- \_\_\_ Develop better study habits.
- \_\_\_ Achieve my goals and objectives.
- \_\_\_ Become enthusiastic about my work.
- \_\_\_ Become more creative and expressive.
- \_\_\_ Save energy and become more efficient.
- \_\_\_ Become more convincing in selling my own ideas to others.
- \_\_\_ Put an end to procrastination.
- \_\_\_ Develop a prosperous attitude.
- \_\_\_ Control my addictive personality traits.
- \_\_\_ Honor and follow my word.
- \_\_\_ Practice what I preach.

- Improve my self-destructive personality traits.
- Develop more personal power.
- Stabilize my emotional states.
- Improve my negative viewpoints.
- Become less superficial and see more deeply.
- Be more committed to good health.
- Stop being suppressed by other people.
- Stop being controlled or intimidated by other people.
- Improve my love relationships.
- Transform my poverty attitude into a prosperity way of thinking.
- Stop resenting the opposite sex.
- Lose weight and keep it off.
- Be more gentle with myself.
- Be more firm with myself.
- Make more money.
- Be more consistent.
- Become more responsible for my actions.
- Start a regular exercise program.
- Improve my daily diet.
- Be more gentle with other people.
- Be more firm with other people.
- Retrace and release old experiences.
- Decrease parental programming and influence.

Total Points

Please circle your 3 most important items on the previous list for immediate Life-Changes.

Please complete and return this questionnaire to your local PERSONAL POWER TRAINING™ Life-Change Instructor or:

**Gary J. Clyman, L.Ac.**      [www.ChiKung.com](http://www.ChiKung.com)  
 Master Instructor

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# PERSONAL POWER TRAINING™

## PERSONALITY PROFILE II

List 3 things you **HATE** the most.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

List 3 things you **LOVE** the most.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

List 3 things that would exist if you could push a button and make them happen.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

List 10 important events in your life - Good and Bad.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_
- 9) \_\_\_\_\_
- 10) \_\_\_\_\_

How do you feel about money? \_\_\_\_\_

How much money do you **WANT** per month? \_\_\_\_\_

How much money is "alot of money" to you per year? \_\_\_\_\_

On an international scale of ability of 1-10 in what you do, how do you rank? (10 being the highest) \_\_\_\_\_, Why? \_\_\_\_\_

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