

“Your perception of me is a reflection of you, my reaction to you is an awareness of me” (n.d)

Book’s Blurb

Six Assets to Grow Personally and Advance Professionally:

A Practical Approach to Reach Lifelong Fulfillment

The Six Assets to present a practical approach to Grow Personally and Succeed Professionally and reaching lifelong fulfillment. The book started with an inventory of oneself and a true commitment to growing to reshape the concept of building holistic human beings. Having in mind the inventory of oneself, the need to grow personally and develop professionally is always at hand to fulfill personal and professional aspirations. This book has six chapters called by the author as “Six Assets to Grow Personally and Advance Professionally”. Chapter one talks about personal development and ways to recognize and self-evaluate oneself; it includes the context of self-concept, self-control, and self-actualization to acquire and state of consciousness to better lead our thoughts and lead our lives. It includes but it is not limited to the analysis of the essential steps in monitoring and leading our thoughts used as the first approach to controlling and directing our lives. It also reaffirms that anything has a price, and we can all develop ways to deal with expected and unexpected occurrences.

Chapter two referred to personal growth and ways to know and understand who we are both personally and professionally as well as inside and outside of ourselves. It provides an insight to rediscover our own self, the rationality of serving others as well as the concepts of rational, emotional, and positive intelligence. It also involves several ways one can initiate to exercise the power of critical, creative, and positive thinking to live a life of purpose and recreate a life of meaning.

Chapter three reflects on many ways to fulfill our individual and professional needs, recognizing challenges and leveraging opportunities. It also provides channels to transform struggles into blessings by using a practical approach to thankfulness and the trilogy of conceiving, believing, and achieving. In addition, this chapter reveals the power of restraint and ways to build a life of success by moving from anger to serenity and from useless to worthiness.

Chapter four highlights the importance of professionalism and the enrichment of ongoing professional development. This approach is paired with the essential assets of the relational approach, which is fundamental in building trustful relationships and efficient time management skills. This chapter analyzes the crucial movement of ongoing development by moving from thinking to actually doing and from strategic thinking to intentional action. More importantly, it promotes the concept of moving from systemic thinking to strategic decision-making as well as swinging from attitude to personal development and from aptitude to professional advancement. It also discusses ways to shift from dreams to plans and from plans to performance.

Chapter five emphasizes the recreation of the Global Citizenship approach to create and support diversity, equity, and inclusion. It refers to the art of reaching diversity, the understanding of culture, and the acceptance of differences. This chapter also evaluates the value proposition of diversity and analyzes ways of practicing diversity, inclusion, and equity. On the other hand, to conquer visionary and strategic thinking, this section reflects on the concept of attitude and aptitude as well as ways to build effective communication and idealized leadership influence.

Finally, chapter six explains leadership in all its valuable capacities. It includes the concepts of authority and influence, the power of connections, and the conceptualization of

leadership. This chapter makes a special recognition of the servant leadership approach and the advantages of using this leadership style. It also talks about the concepts of solidarity, happiness, and peace as well as ways to create a life of pleasure, build a life of success, and recreate a life of meaning. This book is a thoughtful reflection of life intentions. It makes a call to individuals and professionals to enjoy this life's journey as well as to engage individuals and professionals in the development of these practical assets to grow personally and professionally as well as strategies to attain a life of meaning and a worthy occupation of fulfillment.

These six assets to grow personally and advance professionally bestows a practical approach to reaching lifelong fulfillment. This book includes a theoretical perspective supported by research and other positive thinking examinations, followed by a practical approach based on experiential approaches and pragmatic learning experiences. More importantly, these manuscripts combine the trilogy of thinking doing, and being to create more holistic human beings, effective business leaders, and better community-grounded professionals.

Leadership and professionalism have been constantly examined to ensure that a manual of good habits is in place with the aspiration of becoming global citizens and eventually getting inspired and converting ourselves to integrate effective leaders. It demands ongoing personal growth and attentive collective development to achieve personal and succeed professionally. More importantly, humanism and professionalism are essential to ultimately reach pleasure and lifelong fulfillment.

The six assets revised in this book include individual development (knowing and accepting oneself); Personal growth (understanding and advancing oneself); Building Holistic Human Beings (fulfilling individual and professional aspirations); Professionalism (assembling strengths for personal growth and professional enhancement); Global Citizenship (recreating diversity, equity, and inclusion); and Integrate Leadership (a multiplying factor for personal, community, and business development).

The overall intention of this book is to engage the reader in the waves of positive thinking and navigate the oceans of positive thinking to move from thinking to proactive measurable action. To begin with, we must convince ourselves that the control of an individual's thoughts and the influence of people's actions have the power to change our lives as well as the lives of others. More importantly, it will help people to create, in their thinking as well as in their feelings, an enhanced state of self-awareness and therefore fulfillment and ongoing well-being.