

## INTRODUCTION - PART I

The **Continue The Growth - Part I\*** program is designed to provide an ongoing opportunity to practice those things that all graduates experienced when they took the Dale Carnegie Courses®. We all know that practice is essential to growth and improvement in these important skills.

The program is set up in twelve steps, which can be conveniently utilized in a monthly rate if that is a choice. It is not intended to limit utilization, but just the opposite, to encourage regular attention to these skills.

Steps need not be completed in order and you may work on several steps at a time. Use this program to teach yourself discipline to continue toward your personal goals.

This program is just as applicable to members at large as it is to established chapters of graduates who meet together to practice what they have learned.

**Continue The Growth** is what you want. It is up to you to not let yourself down by procrastinating. We can provide materials and we can provide encouragement, but participation is up to you.

Feel free to use additional paper as necessary to describe your action plan and report. Send your completed steps to Carnegian Headquarters to record completion. At completion of all steps recognition is given.

\* Appreciation is due Mr. Dale Bricker, Past International President of The Carnegians, and a Dale Carnegie Instructor for the development of this part of our program.

Carnegians Headquarters:

The Carnegians, Inc.  
Executive Director David Doetzel  
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Eureka, MO 63025

**CONTINUE THE GROWTH PROGRAM  
THE CARNEGIANS, INC.**

**Step I**

**Theme**                      **Set Goals – What is Your Vision?**

**Importance**                **Most people spend more time planning their vacation than they do in setting goals in their life. By being goal oriented, you can become more effective and get things done. What would you like to accomplish right now, this year and in the next five years? Why are these goals important to you? How do you plan to achieve them? You can do it, just sit down and work out your game plan for success.**

**Assignment**                **Select three goals, one of which you want to accomplish this month, one you want to do this year and finally a long range goal-something to be completed within the next five years. Tell us why these goals are important and your step-by-step plan for reaching these goals.**

**My Report** \_\_\_\_\_

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**Name:** \_\_\_\_\_ **Address:** \_\_\_\_\_









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Step VI

Theme                      Count Your Blessings

Importance                The next time you start to become discouraged, the day everything seems to go wrong, remember there are thousands of people in worse circumstances. A man once complained of having to walk with a limp until he saw someone with no legs. A friend of mine used to go to a hospital and visit some of the patients. He would leave feeling like a million dollars, because he realized how fortunate he was to have good health. In any situation, there is always a silver lining. So let's count our blessings and resolve to make the most of each day.

Assignment                During this month let's count our blessings--be conscious of what life has to offer. Keep a record of situations where, as a result of a positive attitude, you were able to deal effectively with stress, to face life with a new sense of energy. Tell us what happens.

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Step XI

Theme                      Let's Communicate

Importance                We communicate with others every day, but are we effective?  
Improving our communication skills will enable us to be more  
effective on the job and have greater influence with others.

Assignment                1.) Give a talk (at least fifteen minutes) before some church or  
service group; or  
- 2) Make a presentation on some technical aspect of your job or  
hobby.

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Step XII

Theme                      Show Appreciation

Importance                True appreciation is something we all treasure. Think of the time someone gave you a pat on the back. It may have been a turning point in your life. By showing honest, sincere appreciation you can have a lasting impact on others.

Assignment                During this month write five letters of appreciation, such as a note to a loved one, an old friend, the secretary that works so hard. It will mean a lot to that individual. Tell us what reaction you get.

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