Self-Enhancement Possibilities

1. HEALTH

	o	Weight control
	o	Physical condition: Improve stamina, body shape and tone, vitality.
	o	Stop self-defeating behaviors: Eliminate drug, alcohol and tobacco abuse; stop avoiding dentist or doctor.

2. INTELLECTUAL SKILLS

	o	Reasoning: Spot logical errors, semantic fallacies.
	o	Analysis: Learn to ask better questions.
	o	Articulation: Learn to express ideas orally and in writing.
	o	Information: Acquire knowledge, form opinions based on evidence.

3. EMOTIONAL SKILLS

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

4.SEXUALITY

	o	Information: You can't know too much: check truth of commonly held ideas.
	o	Freedom from compulsions: Challenge ideas behind compulsions
	o	Remove inhibitions that are self-defeating: express wishes, dreams, desires.
	o	Experimentation: Vary partners, techniques, circumstances, approaches.

5.INTERESTS AND ACTIVITIES (RECREATIONAL)

	o	Follow up on long-desired interest or activity
	o	Intensify current hobby.
	o	Take up related hobby, sport or pursuit.
	o	Try several new interests or activities — you may like one or two

6. SELF-MANAGEMENT

	o	Cooking and food preparation.
	O	Home and auto maintenance.
	O	Bookkeeping, budgeting, and tax records.

7. SOCIAL SKILLS

	o	Develop friendships; or enhance intimacy of old ones
	o	Improve skills in dealing with sex-love partners: Meeting, initiating, attracting, etc.
	o	Express more affection: See no. 3 above.

8. CAREER/INCOME

	o	Investigate potential for advancement.
	o	Check out other positions, salaries
	o	Investigate investment possibilities, freelancing opportunities

9. PERSONAL ENVIRONMENT

	o	Evaluate residence and possessions.
	o	Dispose of inappropriate items, and acquire relevant ones.