



WELCOME & INTRODUCTION

GETTING THE MOST FROM THIS COURSE:

DAILY/BITE-SIZED PIECES:

5-15 minutes per day

WEEKLY WATCHING SCHEDULE 1-5 X WEEKLY:

30 minutes to 1hr per session

BINGE-WATCH

UPON COMPLETION OF THIS COURSE EXERCISE THE MAGIC OF ONE:

Pick ONE thing (one tool) that feels good, fun, and doable to play with it for 30 days

SETTING YOURSELF UP FOR SUCCESS: OPEN AND WILLING

I AM OPEN AND WILLING
TO EMBRACE AND APPLY
ANY AND ALL IDEAS AND TOOLS
THAT FEED MY EXPERIENCE OF JOY AND SUCCESS 😊.

**PERSONAL INTEGRITY =
WHAT YOU CURRENTLY FEEL IS “TRUE” AND BEST FOR YOU.**

INTRODUCTION & GETTING THE MOST FROM THIS COURSE - SUMMARY & BULLET POINTS:

- 1. I’M SEEING THE BEST IN YOU**
- 2. EXERCISE THE MAGIC OF ONE**
- 3. GO IN OPEN AND WILLING**
- 4. ALWAYS HONOR YOUR PERSONAL INTEGRITY**