

THINKING INTO RESULTS

STUDY SCHEDULE

Study tips

1. Download the MP3 audios to go with you. Listen while walking, exercising, driving etc. The more repetition, the better.
2. Review the worksheets in the Participant Guide and complete the exercises weekly.

	S	M	T	W	T	F	S
Gratitude - write out what you're grateful for	☐	☐	☐	☐	☐	☐	☐
Watch lesson video _____ a.m.	☐	☐	☐	☐	☐	☐	☐
Read the lesson chapter in the participants guide	☐	☐	☐	☐	☐	☐	☐
Complete the 3Rs exercise after your lesson – Review the exercises in the lesson, Rethink what action steps you will take to move you closer to your goal, Rewrite your goal.	☐	☐	☐	☐	☐	☐	☐
Visualize your goal and spend time thinking about it “as if” it’s already accomplished.	☐	☐	☐	☐	☐	☐	☐
Watch lesson video _____ p.m.	☐	☐	☐	☐	☐	☐	☐
Work on the lesson worksheets	☐	☐	☐	☐	☐	☐	☐
Read your goal card and go to sleep thinking about your goal already achieved.	☐	☐	☐	☐	☐	☐	☐

