

NEW GOALS NEW HABITS NEW LIFE  
AN INNOVATIVE COURSE IN SELF-MASTERY AND CHANGE

PART ONE . . . YOUR JOURNEY

WEEK ONE: YOUR JOURNEY BEGINS WITH CHOICES . . .  
CHOOSING TO BECOME THE PERSON YOU DECIDE TO BE  
CHOOSING TO MASTER YOUR MINDSET  
CHOOSING TO LIVE THE LIFE YOU'VE ALWAYS WANTED

WEEK TWO: CHOOSING TO BEGIN YOUR JOURNEY NOW . . . POSSIBILITIES

WEEK THREE: BREAKING FREE FROM SELF-IMPOSED LIMITATIONS  
LETTING GO OF THE "WHAT IF'S"

WEEK FOUR: THE VISION . . . BECOMING WHAT YOU THINK ABOUT

PART TWO . . . ACTING AS IF YOU HAVE WON THE RACE

WEEK FIVE: CHOOSING YOUR MINDSET . . . VICTIM OR EMPOWERED

WEEK SIX: WHO AM I "SUPPOSED" TO BE? THE PRICE OF SEEKING APPROVAL

WEEK SEVEN: ACHIEVING YOUR GOAL - ACTING AS IF YOU HAVE ALREADY ACHIEVED  
OPTIMUM HEALTH AND SUCCESS  
REPLACING SELF-DEFEATING HABITS WITH THOSE THAT SERVE YOU TO  
LIVE NOW AS THE PERSON YOU HAVE DECIDED TO BE  
PERSEVERING AS IF THERE ARE NO OPTIONS

WEEK EIGHT: THE POWER OF YOUR MIND . . . WHO AM I REALLY?

PART THREE . . . AFTER THE FINISH LINE

WEEK NINE: PROTECTING YOUR GOALS . . . SETTING BOUNDARIES

WEEK TEN: SAVORING LIFE . . . SETTING YOURSELF FREE TO BE ALL YOU WERE CREATED TO BE

WEEK ELEVEN: YOU ARE ABSOLUTELY ENOUGH . . . THE POWER OF GRATITUDE

WEEK TWELVE: NOT THE END . . . BUT THE BEGINNING  
LETTING YOUR LIGHT SHINE . . . INSPIRE OTHERS