



Calm Your Mind – Change Your Life **Curriculum Overview**

Congratulations!

You've made a very smart decision to grab this training course ... a decision that will improve your life in ways you've only dreamed of.

In this training course you'll learn proven tips, techniques and strategies to calm your mind, focus your attention, rise above overwhelm and improve your overall health.

To help you absorb the information in whatever form *you prefer*, the lessons will be presented in two formats: professionally narrated videos and a downloadable ebook.

You can watch the videos and read the printed material here, or you can download each portion of the lesson to your own computer or mobile device.

This is a self-paced course, so please complete each lesson at pace that is comfortable for you.

You're not in competition with anyone, and **you have lifetime access to all of the lessons**.

Do whatever works best for you ... just be sure to complete all lessons and related material.

Here is an overview of this mini-course:

Module #1: *The Calm Your Mind – Change Your Life Quick Start Guide*

Just as the name implies, this is a 3-page "quick-start" guide to meditation and CBT. You'll get a brief explanation and 2 techniques that you can implement immediately. This short guide can also be used as a "Cheat Sheet".

Module #2 – *The Calm Your Mind – Change Your Life Video Series*

This is the 10-part video course. Please watch the videos in the sequence presented, as each one builds upon the previous ones. Most are short, approximately 4 to 8 minutes long. Video #02 is the longest, at approximately 16 minutes in length.

Module #3 – *The Calm Your Mind – Change Your Life eBook*

This is the full transcript of the Video Series (Module #2) presented in a downloadable 43-page ebook.

Module #4 – Five Short Stress-Reducing Meditation Videos

Each video is just a few minutes long and covers the following meditation topics:

Breath Awareness Meditation

Body Scan Meditation

Gratitude Meditation

Visualization Meditation

Mantra Meditation

Module #5 - “8 Powerful Meditations to Conquer Stress and Anxiety” eBooklet + Cheat Sheet

This module contains the eBooklet and a Cheat Sheet “8 Powerful Meditations to Conquer Stress and Anxiety”

Module #6 – Four Affirmations with Self-Reflection Exercises

Each meditation-related affirmation includes 3 self-reflection exercises for your deeper inner contemplation and healing

Module #7 – Three Guided Meditations

Guided Meditation for Vibrant Health

Guided Meditation for Wealth

Guided Meditation for Resolving Relationship Conflicts

Module #8 – “Calm Your Mind – Change Your Life” Resource Sheet

The tools, resources and products listed in this resource sheet will help you to make meditation and CBT an integral part of your daily routine.

Module #9 - Conclusion

By implementing these techniques on a daily basis you'll find balance, so that you don't burn out, or fall victim to stress, anxiety and overwhelm. A calm mind creates a healthy body and a joyful life.

I'm so glad to have you in this training course. I know that you'll see measurable results in record time ... *if you use the information presented here!*

So let's get started ...