

Success Math Companion Course

8 week run-down

Week 1 - Introduction

- Workbook Introduction + Read the Book, become familiar with the concepts, Initial Journal Exercise

Week 2 - "S" aka The Success Variable

- Part 1 of work book, understanding success, and beginning the work of redefining it

Week 3 - "A³" Understanding the Alignment Trilogy

- Part 2 of work book, understanding Belief, Values & Behaviors

Week 4 - "E" Unpacking the Emotional Support Variable

- Part 3 of the workbook, understanding Mentors, Scouts & Champions

Week 5 - "M" Mental Toughness Decoded

- Part 4 of workbook, understanding Personal Prose, Self Talk & Personal Narrative

Week 6 - "X²" Execution = Commitment & Discipline

- Part 5 of workbook

Week 7 - "ac²" Action revealed

- Part 6 of workbook, understanding Macro & Micro Actions, Initial & Follow up Actions

Week 8 - Add it all up

- synthesizing the concepts and preparing for implementation