

How to Get The Most From This Course

Best Practices & FAQ



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How to Get the Most from This Course: Best Practices & FAQ

Ways to Approach This Course

There are different ways to go through this course, depending on your learning style and goals:

1. Beginning to End (Recommended Approach)

Work through each module in order. This ensures you build a strong foundation before moving on to more advanced concepts.

2. Pick and Choose

Use the results from your **Mindset Assessment** to determine which mindsets you'd like to improve, and focus on those modules first.

3. Watch First, Then Implement

Some students prefer to **watch all the video lessons first** to get an overview of the concepts. After that, they go back to the lessons that resonated most and start applying the exercises and supplemental material.

“One learns from books and example only that certain things can be done. Actual learning requires that you do those things.”

— *Frank Herbert*

FAQ: Common Questions & Best Strategies

Q: How long should I spend on each module?

A: There is no right or wrong answer—it's about what works best for you! However, here are some suggested approaches:

Fast Track (One Module per Day – Not Recommended)


- If you're eager to get through the content quickly, you could watch a module per day.
- However, this **doesn't allow enough time** for implementation and practice.

Balanced Approach (One Module per Week – Recommended)

- **Day 1:** Watch the first two video lessons.
- **Day 2:** Watch the third lesson and start practicing the exercises.
- **Rest of the week:** Continue practicing and engaging with the supplemental material.
- This method allows you to absorb the information while making real changes.

Deep Dive (One Module per Month – Ideal for Long-Term Mastery)

- If you truly want to **master** each mindset, consider spending a month on each module.
- This allows more time to refine the exercises, integrate the mindset into your daily life, and track progress.

 **Pro Tip:** No matter which approach you take, consistency matters more than speed.

"The man who moves a mountain begins by carrying away small stones."

— *Confucius*

Additional Best Practices for Success

1. Be Consistent

- Even small, daily efforts compound over time.
- Set a **goal** for how much time you'll dedicate each day (even if it's just 10-15 minutes).

2. Schedule Your Study & Practice Time

Put it in your calendar!

- Choose a time that fits your routine—morning, lunch break, or before bed.
- Sticking to a schedule helps build **momentum and accountability**.

3. Set Boundaries to Protect Your Learning Time

- Find a **quiet, uninterrupted** space.
- Let family members or coworkers know that this is an important commitment.
- **Turn off notifications** on your phone and computer—eliminate distractions!

4. Be Patient with Yourself

- Some mindsets will click **immediately**, while others take **longer to internalize**.
- **Growth isn't linear**. Some days will feel easy, others may be frustrating—and that's OK!
- The key is to **stay committed** and trust that transformation happens over time.

Q: How can I track my progress?

A: Great question! Here are some options:


- ✓ **Journaling:** Reflect on what you learn in each module and how you apply it.
- ✓ **Mindset Check-ins:** Notice shifts in your reactions, thoughts, and behaviors over time.
- ✓ **Use the Mindset Toolbox:** Revisit tools and exercises that were most effective for you.

“The expert in anything was once a beginner.”

— Helen Hayes

Q: Why does this course cost so much, and is it worth it?

A: The price reflects the **depth of content**, **structured approach**, and **proven techniques** designed for lasting transformation. When compared to the cost of coaching, therapy, or books that cover only **one** mindset, this course provides **exceptional value** by offering a full, structured system for personal growth.

 **Consider this:** What is it worth to develop a stronger, more resilient mindset? How would that impact your career, relationships, and happiness?

“For the best return on your money, pour your purse into your head.”

— Benjamin Franklin

Final Thought: Commit to the Process

Your **mindset transformation** is an ongoing journey, and this course is your roadmap. Take your time, engage deeply, and trust that each module brings you closer to the **best version** of yourself.

Your Challenge:

- Pick your learning approach.
- Schedule time for your lessons.
- Protect your study time from distractions.
- Be patient and celebrate small wins.

 **Reminder:** You've already taken the first step—now keep going!