

# HOW TO GET WHAT YOU WANT

## Section One: Welcome to the course

### 1.1. How to get the most from this course

How to get the most from this course – overview guide

**“Your present circumstances don't determine where you can go; they merely determine where you start.”**

**– Nido Qubein**

Thanks again for signing up for “How to get what you want” and for taking the time to invest in your desire to live a life you love.

There are seven sections and eleven videos in this course, and for each video there is a related resource to help you dive deeper into the course content. Each of the resources explores the related key themes through a series of activities and journalling prompts and while space has been allowed under these activities, you may find you need more space to write in which case using a separate journal for your thoughts and ideas would work really well.

Some activities have been marked with an asterisk (\*) and the work you undertake in these will be used in a later activity, therefore each should be attempted. For other activities and journalling prompts you may find you want to work through each in order, or come back to others as you progress. Do whatever feels right, although it is important not to skip over too much to ensure you get the most out of the material.

Along with these activities and prompts there are special resources in the final two sections to bring together all the ideas and exploration you've undertaken in the program, as well strategies and information to help you integrate what you've learnt into your life after the conclusion of this course.

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The design of this course allows for the concepts to be undertaken in a particular order but the content can also be revisited as you move through the process. Indeed, you may find this approach helps you better integrate the changes you wish to make into your life.

Whichever way you decide to complete this course, committing to genuinely giving it a go and doing the exploration work is the best way to get to the heart of what you want and to start creating a life you love.

Remember:

- Practice kindness to yourself at all times. Beating yourself up about what you have or haven't done is not going to move you closer to living the life you want.
- Commit to giving this process your time and attention. You deserve to live a wonderful life and investing your focus and energy in this program will help you on your way.

Once again, thank you so much for joining me in this course and I wish you every success.

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