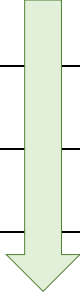


JOURNEY to SELF-MASTERY

Pathfinder Training

YOUR SKILLS & TENDENCIES	LESSONS			WEBINARS
Intentions and Self-Awareness	1	2	12	
Procrastination	3			WORK IT: Get It Done Fast
Complex Projects	5			
Creating Habits	4			
Writing	11			WORK IT: Writing Breakthrough
ORGANIZATION				
Physical stuff, papers, clutter	8	9		WORK IT: Clear Clutter
Losing or misplacing	8	4		
Digital information	9			
MANAGING FOCUS				
Focus	6			WORK IT: Get It Done Fast
Distraction				
Hyper-focus	7			

YOUR SKILLS & TENDENCIES	LESSONS			WEBINARS
TIME MANAGEMENT				
Time Sense	19			Develop an Accurate Time Sense
Efficiency	20			
Being on Time	21			Late No More
LONG TERM GOALS				
Setting SMART Goals				
Goal Achievement				
PLANNING				How to Plan Anything
Timetables	25			
Planning Tools	22	10		Mind-Mapping (Perfect Year's End)
Staying on Track	23			Task Batching: Visual Planning System
Delegating				
Reporting Status				

YOUR SKILLS & TENDENCIES	LESSONS			WEBINARS
FOLLOW THROUGH	29			Raise Your Follow Through IQ
Vision	29			
Reality Check	29			
Taking Action	29			
Project Completion	29			
MIND MANAGEMENT				
Overwhelm	15			Overcome Overwhelm
Ambiguity	16	14		
Decision-Making	16			Prioritizing
Perfectionism	14			
Toxic Shame	17			Shame, Fear, Stories we Tell
Mindset	13			
<p>Not every topic or challenge has a lesson devoted to it. Where there's nothing listed, that subject is mentioned across several lessons or throughout the program. For more help, get laser coaching on your challenge in Office Hours.</p>				