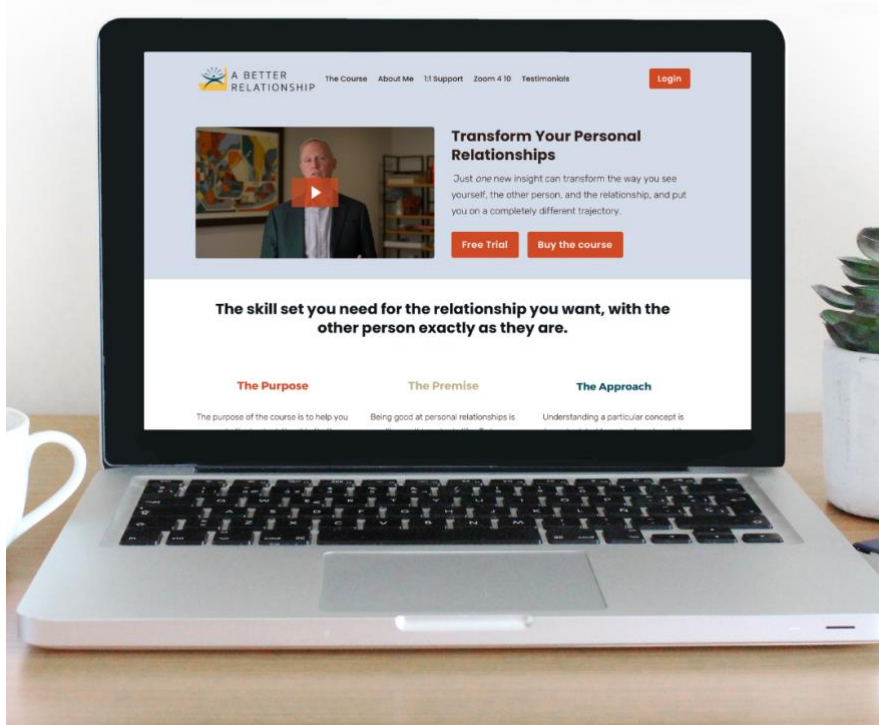# Recommended Course Schedule & Syllabus

Use the Recommended Course Schedule below as a guide to help you complete the course in 8 weeks. You can also use the Course Syllabus to track your progress by marking off the sections you've completed.

Feel free to print this document for your use.

For 1:1 support visit abetterrelationship.com

Recommended Course Schedule

Week 1: Listen to the introduction and Part 1. Complete exercises 1-8.

Week 2: Listen to Part 2. Complete exercises 9 and 10.

Week 3: Listen to Overview, Emotions, Thoughts. Complete exercises 11A - 13.

Week 4: Listen to Words, Actions, Beliefs. Complete exercises 14 - 17.

Week 5: Listen to Expectations, Learned Behavior, and Summary. Complete exercises 18 - 20.

Week 6: Listen to Surrender to What is and Build Trust. Complete exercises 21-25.

Week 7: Listen to Communicate Effectively and Embrace Your Power. Exercises 26 and 27.

Week 8: Listen to Manifest the Love you Feel and Moving Forward. Complete exercises 28 - 30.

Course Syllabus

Introduction			
Video	**Length**	**Exercises**	**Completed**
Introduction	10:38	n/a	
Part 1: Setting Yourself Up for Success			
Video	**Length**	**Exercises**	**Completed**
Five Guiding Principles	11:17	n/a	
Eight Things to Put in Place Today	26:53	1-8	
Part 2: Two Key Concepts			
Video	**Length**	**Exercises**	**Completed**
Two Key Concepts	14:29	9-10	
Part 3: Working with the Basics			
Video	**Length**	**Exercises**	**Completed**
Overview	11:15	11a, 11b	
Emotions	10:17	12	
Thoughts	7:33	13a, 13b, 13c	
Words	5:12	14	
Actions	4:10	15	
Beliefs	13:18	16a, 16b, 16c, 16d, 17	
Expectations	9:37	18a, 18b, 19	
Learned Behavior	6:41	20	
Summary	0:53	n/a	

Part 4: Expanding Your Skill Set			
Video	**Length**	**Exercises**	**Completed**
Surrender to What is	12:12	21-22	
Build Trust	12:14	23-25	
Communicate Effectively	7:27	26	
Embrace Your Power	12:42	27	
Manifest the Love you Feel	3:27	28	
Part 5: Moving Forward			
Video	**Length**	**Exercises**	**Completed**
Moving Forward	4:18	29-30	

T*otal video time: 185 minutes (3 hours)*