

POWER Productivity Homework Guide

Choose the level of commitment that you are willing to put into the program. Remember the result will far exceed the investment.

Bare Minimum

- Daily Thought Download: minimum 10 minutes per day
- Daily Plan: created 24 hours in advance
- Schedule two private coaching sessions per month

Level 1

- The Bare Minimum (above), plus
- Choose 1 thought from the Daily Thought Download and link it to the corresponding emotion. Practice processing that emotion.
- Workbook Exercises: minimum 30 minutes per day
- Sign up for additional private coaching sessions, as needed

Level 2

- Level 1 (above), plus
- Watch all classes and coaching sessions – either live or replays
- Post your questions to the “Coaching Q&A” section
- Choose at least one project to complete during the month

Level 3

- Level 2 (above), plus
- Monthly Modules classes and workbooks
- Choose a book to read from the “Recommended Reading List”

**YOU CAN'T GET OUT
WHAT YOU HAVEN'T
PUT IN. INVEST IN
YOURSELF.**