



How To Get The Best Out Of The Academy

Best Practices for getting the most out of your Program

Get a 2-inch binder (3-hole punch) as a catch-all for all of your curriculum

- Set up 12 tabs and label them for each module so you can easily reference the materials later
 - Keep space for your notes and workbooks for each online module
- Set up a space to take notes during the Group Q+A calls
- Set up a space to take notes during your private calls

Prioritize and navigate the different content that are available to you

- The modules are your primary focus as they build the foundation needed for you to take your business to *your* next level

Show up 100%

- Schedule your Group calls into your calendar right away so you have time carved out for learning
- Schedule your 1:1 calls in advance and show up on time for each call and be ready to focus

Treat each module as a class you would attend in person

- Pick a set day every two weeks to watch each module, like a Thursday or Friday
- Schedule 90 mins in your calendar to watch each module as some are longer than others
- Also schedule time for doing the assignments afterwards (about 2 hours will cover it)
- These become priority appointments that you don't miss

Also carve out time each day to **implement** what you are learning in the modules and assignments

- Ideally, you can chose a specific time each day and one full day a week (this is called Business development)

Be careful not to fall into a cycle of Fear

- Everyone is on his or her own journey and has their own set of circumstances. Never compare yourself to someone else, just keep your head up and making progress. Action cures Fear.

Measure backwards

- Instead of measuring your current results against an illusive "ideal" (which is a moving target, by the way), measure your current results from where you were just a few months ago, or a year ago. Seeing your results in this way keeps you confident.

Have Fun

- When building a business not every day will be rainbows and butterflies, we will be faced with challenges, but see these challenges as an opportunity to GROW and always have FUN in what you're doing.