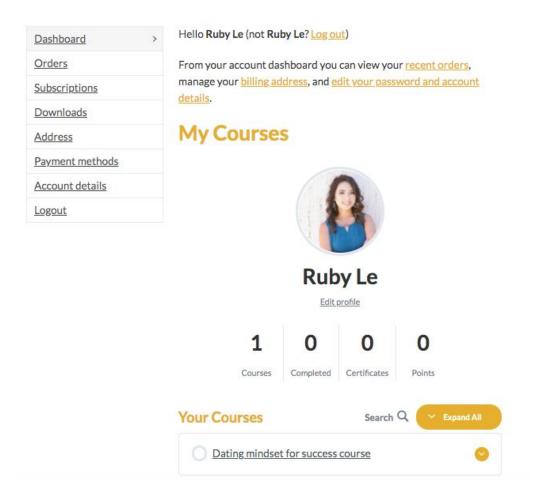
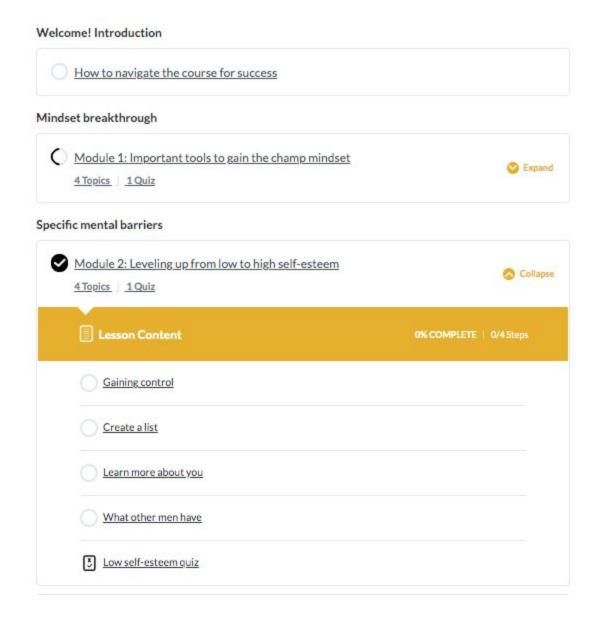
Course Manual

To get to your course at any time, you can go to "my account" and you'll see it listed under "my courses"



It will take you the course page. There, click on "Materials" and you'll have a quick view of your content and your progress.

To view all topics, you can click "expand all" on the right



Make sure to click on the LESSON before going through the topics. The lesson includes my video of the whole lesson and the introduction of the lesson, which includes the definition and assessment of the internal obstacle.

As you get through the lessons and topics, make sure to click "Mark complete"