

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”

The screenshot shows a user account dashboard for Ruby Le. On the left is a navigation menu with links: Dashboard, Orders, Subscriptions, Downloads, Address, Payment methods, Account details, and Logout. The main content area starts with a greeting: "Hello Ruby Le (not Ruby Le? [Log out](#))". Below this is a paragraph: "From your account dashboard you can view your [recent orders](#), manage your [billing address](#), and [edit your password and account details](#)." The section is titled "My Courses" in large orange text. Underneath is a circular profile picture of Ruby Le, followed by her name "Ruby Le" and a link "Edit profile". Below the name are four statistics: 1 Courses, 0 Completed, 0 Certificates, and 0 Points. The "Your Courses" section features a search bar and an "Expand All" button. A single course is listed: "Dating mindset for success course" with a dropdown arrow on the right.

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

Welcome! Introduction

[How to navigate the course for success](#)

Mindset breakthrough

[Module 1: Important tools to gain the champ mindset](#)

[4 Topics](#) | [1 Quiz](#)

 Expand

Specific mental barriers

[Module 2: Leveling up from low to high self-esteem](#)

[4 Topics](#) | [1 Quiz](#)

 Collapse

 Lesson Content

0% COMPLETE | 0/4 Steps

[Gaining control](#)

[Create a list](#)

[Learn more about you](#)

[What other men have](#)

[Low self-esteem quiz](#)

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”

