

HOW TO USE YOUR NEUROPSYCHOLOGY OF SELF- DISCIPLINE STUDY GUIDE AND AUDIO

This personal Study Guide has been designed to assist you in using the audio sessions and worksheets to learn the process behaviors, and principles contained in The Neuropsychology of Self-Discipline.

PROGRAM GOAL

The major goal of The Neuropsychology of Self-Discipline is to introduce you to a scientifically advanced, easy-to-learn system through which you can become a self-disciplined achiever.

PROCESS

This learning system involves a variety of modes of learning and practice to keep you motivated and increase the likelihood that you'll successfully achieve your goal of developing self-discipline. You'll be reading through the Study Guide, listening to the narration, practicing on the worksheets in the Study Guide and writing your goals and progress toward those goals. You may, of course, listen to the audio again and again to glean any additional information and guidance necessary to make the principles contained in this program a permanent part of your daily life.

There is a section of your Study Guide which corresponds to each of the program's ten audio sessions. For example, Session 3 of the Study Guide "The Fire That Burns Within: The Seven Steps to Developing Iron-Willed Discipline" corresponds with audio Session 3 of the same title. You can listen to each audio Session by clicking on the link for that Session in each "Action Steps" section of program.

TERMS USED IN THIS PROGRAM

Some terms you'll hear and see in this program may be new to you. A couple of the most unusual ones, and how they will be used, are:

NEUROPSYCHOLOGY—a science that studies the relationship between the brain, nervous system and behavior.

SELF-DISCIPLINE—your ability to work systematically toward a desired goal until it is achieved.

STUDY GUIDE FORMAT

In each Study Guide section, there's a combination of explanations and step-by-step instructions for mastering the material presented. Each section is divided into the following components:

OBJECTIVES: A description of the behaviors and skills you'll have mastered when you apply the instructions in the audio and the practice in your Study Guide.

BACKGROUND: A statement of the importance of this Session and a summary of the main points included in the audio instruction and the Study Guide practices.

PRACTICE: Written exercises that will help you learn the new information and practice the skills that will enable you to produce the behavior and skills listed in the objectives. You can type your answers into the blank space provided after each written exercise. You can also launch the audio from within the Practice section.

POINTS TO REMEMBER: A summary of the most important ideas you gained from the audio instruction.

PROGRESS CHECK: A written exercise or activity that will allow you to measure how well you learned the principles and skills practiced in each Session. The Progress Check is designed to give you feedback on your performance so you can feel good about what you accomplished, and, if appropriate, continue to strive toward your goal.

HERES WHAT TO DO

1. Scan the title of each audio Session.
2. Scan the Table of Contents of the Study Guide.
3. Set aside a specific block of time each day to work through the audio and exercises. This is your investment in you, so keep the agreement of the time.

4. For each Session you'll follow a similar pattern of working through the Study Guide, listening to the audio, and doing the Practices. This is the sequence you'll follow:
 - a. Read the Objectives.
 - b. Read the Background statement.
 - c. Listen to the audio.
 - d. Complete the worksheets as instructed in the Practice section.
 - e. Review the Feedback on the Practice, if appropriate.
 - f. Do the Progress Check.

5. You'll be asked to provide written responses to questions in this Study Guide. You can type in your the responses from your computer keyboard where there is an underline mark in the answer box or you can print the study guide and hand write in the responses. If you type in your responses, be sure to save your work after each Session. There are some forms within the study guide that you must print in order to complete. This will be indicated on the individual forms.

6. When you have completed each Session, schedule a time when you'll work through the next Session.