

HOW TO USE YOUR NEUROPSYCHOLOGY OF ACHIEVEMENT 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 Achievement.

PROGRAM GOAL

The major goal of The Neuropsychology of Achievement program is to introduce you to a scientifically proven, easy-to-learn goal-achievement system that will allow you to systematically and progressively acquire the characteristics and habits of a high-achiever. In this program, you'll learn a powerful system of goal setting that will allow you to successfully realize any worthwhile goal you desire to achieve. This personalized study guide has been designed to assist you in learning the wealth of information that is contained in this program and in mastering the techniques that will progressively move you upward to the ranks of high-achiever status.

PROCESS

Listen to the narration at the points suggested in the study guide and then practice each of the skills presented. There are worksheets in the study guide for you to use in practicing each of the skills and for you to record your goals and your 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 the program a permanent part of your daily routine.

Each section of your study guide is designed to correspond to a numbered audio session. For example, you'll find the study guide exercises for Audio Session 1, "Your Holographic Brain: The Power of Three-Dimensional Visualization" listed under the same number and title in your study guide.

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 list of the information and skills you'll have mastered after listening to the audio and following the instructions in your study guide.

BACKGROUND: A summary of the main points mentioned on the audio.

PRACTICE: Exercises that will help you learn the new information and practice the skills that you'll learn in each audio session.

POINTS TO REMEMBER: A list of some important ideas you learned from the audio session.

PROGRESS CHECK: An exercise that will help you recall the important ideas and skills you learned on the audio. The "Progress Check" is designed to give feedback on your performance so that you can continue to improve it.

HERE'S WHAT TO DO

1. Preview the titles of the audio sessions designated for each segment of the study guide.
2. Preview the content of the study guide.
3. Set aside a specific block of time each day to work through the audio sessions and exercises. This is your investment in **YOU**, so keep the agreement on the time.
4. For each audio session, you'll follow a similar pattern of working through the study guide, listening to the audio and doing the practices. This sequence is outlined for you here:
 - a. Read the Objective.
 - b. Follow the instructions in the Practice Section.
 - c. Do the Progress Check.
5. When you have completed an audio session, schedule a time when you'll work through the next audio session.