

12-Days To Better Focus & Exam Results

Module Titles

(For Details, Download 'Course Timeline & Activities')

Start Focused Phase - 3 Training Days of Preparation

Day 1 – Intro: Key Strategies 1 & 2

Day 2 – Key Strategies 3, 4 & 5

Day 3 – The Stress & Focus Questionnaire

Boost Focus - 12 Training Days of Experimentation and Learning

Day 1 – Watch Out

Day 2 – Tune In

Day 3 – The Imagineering Brain

Day 4 – The Pin Exercise

Day 5 – You're An Einstein: You just don't know it yet! Part 1

Day 6 – You're An Einstein: You just don't know it yet! Part 2

Day 7 – The Brain and Success Thinking

Day 8 – Driving the Goal Car(d) to Successland

Day 9 – The Stress Lion

Day 10 – A Breath of Fresh Air

Day 11 – Taming the Time Monster! Part 1

Day 12 – Taming the Time Monster! Part 2

Stay Focused - 10 Training Days of 30: Consolidation & Support

Day 1 – Building The Daily Focus Practice

Day 4 – The Energy Exercises

Day 5 – The Barometer Exercise: David Hesketh (Bonus Lesson)

Day 8 – Food For Thought Part 1

Day 11 – Staying Energized

Day 12 – From Craving to Freedom: Shaun Philips, USA (Bonus Lesson)

Day 15 – Food for Thought 2 (or Thought as Food)

Day 18 – Digital Stress

Day 19 – Wireless Awareness: Dr Martin Blank/ Jeromy Johnson (Bonus)

Day 22 – Self Talk: Worry and Doubt

Day 23 – How to Keep the Past in it's Place: Oprah Winfrey (Bonus Lesson)

Day 25 – The Magic and Mystery of Sleep

Day 29 – Focus for Life

Day 30 – The Stress and Focus Questionnaire

Day 31 – Hambe Kahle and Cheers!