

Series Name: Life Coaching for Everyday People
Course Name: Your Users Manual: Getting the Life You Want
(Based on the Earthling's Quick Start Guide Book and Online Course)



8 Week Syllabus

January 9, 2011 – March 13, 2011

8pm-10pm est. Sundays and Wednesday's

Week 1 Sunday January 9, 2011 - Background/Orientation

[Welcome](#)

[Reorientation](#)

Week 1 Wednesday, January 12- Breath (Life Force)

[Hawaii](#)

[Breath Awareness](#)

Week 2 Sunday January 16
The Spiritual Interface in Physical Body

[Care and Maintenance of Your Physical Unit](#)

[Wellness Your Natural State](#)

Week 2 Wednesday, January 19

[Maintaining Wellness](#)

[Your Body/Mind/Spirit Connection](#)

Week 3 Sunday January 23
The Minds – Human and Godmind

[Loosing Your Mind \(the human one\)](#)

Week 3 Wednesday January 26

[Getting to Know You again \(your Divine Mind\)](#)

[Blending Your Two Minds](#)

Week 4: Sunday January 30 - The Internal Guidance System

[Understanding Your Emotions](#)
(Meet Your Internal Guidance System)

[Intuition, Gut Feel, Sixth Sense](#)

[Uncommon Sense](#)

No Class Sunday February 6 – Super Bowl Sunday
No Class Sunday February 13 for Valentine's Day

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**Week 4b-5: Wednesday February 2, Wednesday February 9 ,
Wednesday February 16 - How We Create**

[Your Attention Please](#)

[Pure Positive Attention](#)= Flow

Week 6 Sunday February 20 –

[Creating Is Playing](#)

[Free Will Your Choice](#)

Week 6 Wednesday February 23 – Pitfalls (Creating by Default)

[Pitfalls Distractions](#)

[Pitfalls Appearances](#)

[Pitfalls Lack of Focus](#)

[Pitfalls Your Old Personal Story \(Zzzzz\)](#)

**Week 7 Sunday February 27
Putting It All Together with Best Practices**

[Best Practices](#)

**Week 7 Wednesday March 2
The Concepts of Infinity and Eternality**

[Good To Know](#)

[There's Always More](#)

**Week 8 Sunday March 6 –Creating your new daily life plan
Week 8 Wednesday March 9 Working on the daily life plan**

**Week 9 Sunday March 13 Graduation Party and Daily Life Plan
Strategies sharing.**

Week 9 Bonus Wednesday March 16 – To Be Announced