



# Private Access

## Print + Learn Checklist

**Before you begin:** ☐ Watch video tour ☐ Print Complete Lesson Workbook ☐ Print Complete Pause + Practice Workbook

### **LESSON 1 → Choice #1: Focus**

☐ Workbook printed ☐ Video Watched

#### **→ Pause + Practice**

☐ Workbook printed ☐ Video Watched

### **LESSON 2 → Choice #2: Feelings**

☐ Workbook printed ☐ Video Watched

#### **→ Pause + Practice**

☐ Workbook printed ☐ Video Watched

### **LESSON 3 → Choice #3: Ownership**

☐ Workbook printed ☐ Video Watched

#### **→ Pause + Practice**

☐ Workbook printed ☐ Video Watched

### **LESSON 4 → Choice #4: Positivity**

☐ Workbook printed ☐ Video Watched

#### **→ Pause + Practice**

☐ Workbook printed ☐ Video Watched

### **LESSON 5 → Choice #5: Beliefs**

☐ Workbook printed ☐ Video Watched

#### **→ Pause + Practice**

☐ Workbook printed ☐ Video Watched

### **LESSON 6 → Choice #6: Momentum**

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#### **→ Pause + Practice**

☐ Workbook printed ☐ Video Watched

**Final Step → Email Jamye at [JamyeSack@gmail.com](mailto:JamyeSack@gmail.com)**

☐ Subject line "I'm Finished!" + let me know that you are done!