

Maximize Success

Exposure to a new concept or idea does not create learning. Ever read a good book or listened to a good speech and a few days later forgot most if not all of it. *“I don’t remember exactly what it was about, but it was a good book!”* Learning creates change because learning is remembering.



Learning (remembering) comes from two things:

1. Repetition
2. Exposure using multiple senses

Incorporating into your life what you learn requires doing and practice.

To maximize your learning my BodyChoice program includes three modalities:

1. **Written Lesson**
2. **Video**
3. **Audio of Lesson**

To maximize your learning I HIGHLY recommend you get yourself into the following routine:

1. **Read the lesson* (In AM)**
2. **Print off the lesson**
3. **Watch the video (during Lunch break or after reading)**
4. **Read the lesson again (before bed)**
5. **Listen to the audio (on phone in car or the next day in the AM)**

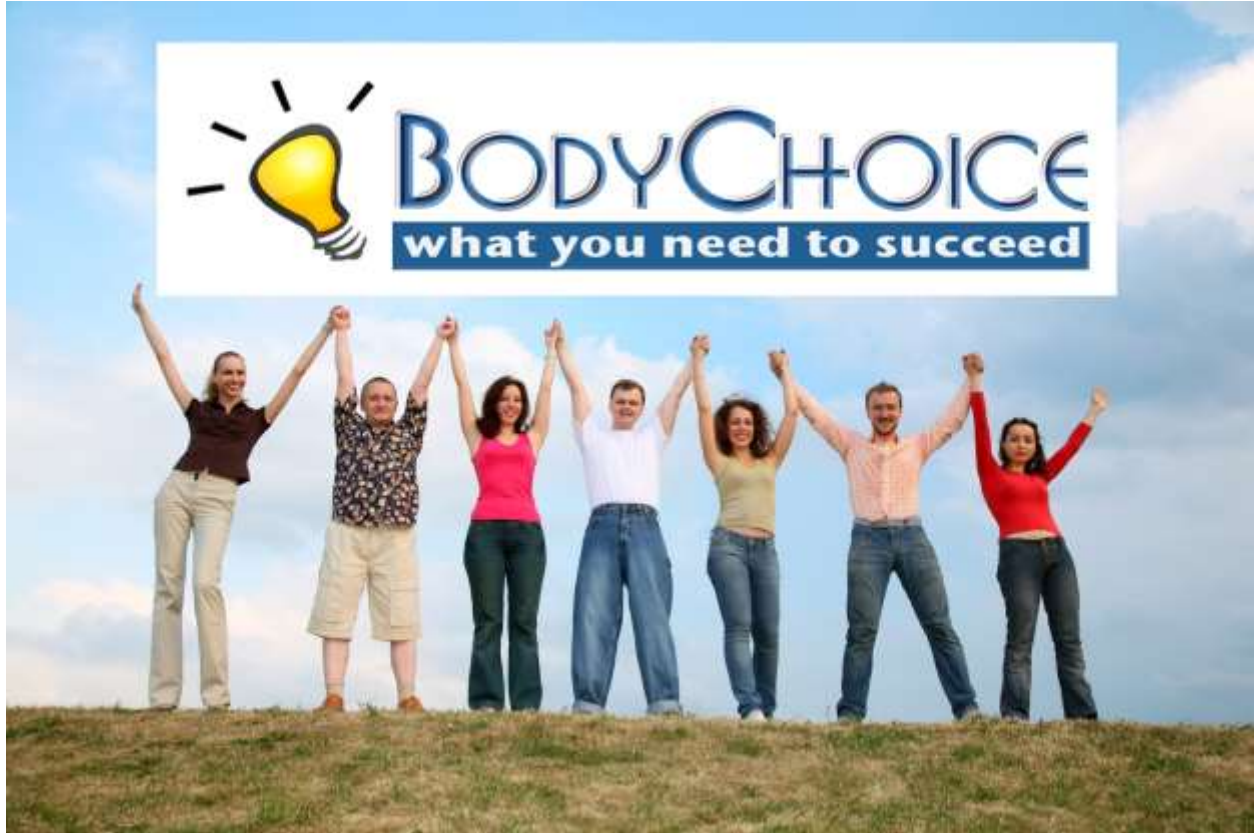
*If the lesson includes multiple lessons and videos, you can choose to watch them all or break them up.

What to get at the store:

1. Large 3-Ring Binder for your lessons
2. 3-hole punch



Print off the next page for your binder:



Success Lessons