



Before you begin watching this video series, please respond to the following questions to ground you in your intentions.

1. What are your intentions for taking this course?

2. How do you want to feel after completing this course?

3. What ways do you want to enlist in the support of your tribe (social network/community) as you complete this course?

4. By when do you want to finish watching all of the videos and completing the action steps and worksheets?