

## **D-E-R Method: No Excuse Growth System**

### **Assignment Overview - Understand It**

In this course, you will receive assignments after each module. These assignments are not just busy work, they are designed to provide **fast and actionable insights** that will help you move closer to achieving your goals and dreams.

### **Course Structure**

The course is structured into six key modules:

1. **Understand It** - Understanding the course structure and expectations.
2. **Drop It** - Identifying and eliminating what is holding you back.
3. **Evolve It** - Implementing strategies to create positive change.
4. **Repeat It** - Reinforcing new habits and systems.
5. **Do It** - Taking consistent action towards your goals.
6. **Reflect It** - Reviewing progress and making necessary adjustments.

Each module will include a **specific assignment** that challenges you to take immediate action based on the concepts covered.

### **What to Expect from Assignments**

- **Practical & Action-Oriented** - Designed to help you implement what you've learned.
- **Fast Insights** - Assignments will provide you with valuable takeaways you can use right away.
- **Goal-Focused** - Each task will be aligned with your personal growth and success journey.

### **Your Commitment**

This course is about **progress, not perfection**. Small, consistent actions compound into larger achievements over time. **Trust the process, take action, and reflect on your progress.**

Let's get started, your journey to **breaking free from stagnation and building momentum** begins now!

## **Here is your Assignment: Defining Your Starting Point**

Your journey begins with clarity. Before we move forward, take a moment to define where you are and what you want to gain from this course.

**1. What is your biggest challenge right now?**

- Identify the one thing that keeps you stuck. Be specific.

**2. What is the #1 breakthrough you want to take from this course?**

- Instead of thinking about long-term results, focus on a key realization, mindset shift, or new habit you want to gain in the next few days.

**3. Why is this important to you?**

- Dig deep. Why does this matter? How would things change if you achieved it?

**4. What is one commitment you are making today to follow through?**

- Example: "I commit to completing all assignments and applying what I learn, even if it feels uncomfortable."

**Take 5-10 minutes to write down your answers. Keep them somewhere visible. This is your foundation for success.**