



Welcome

Introduction

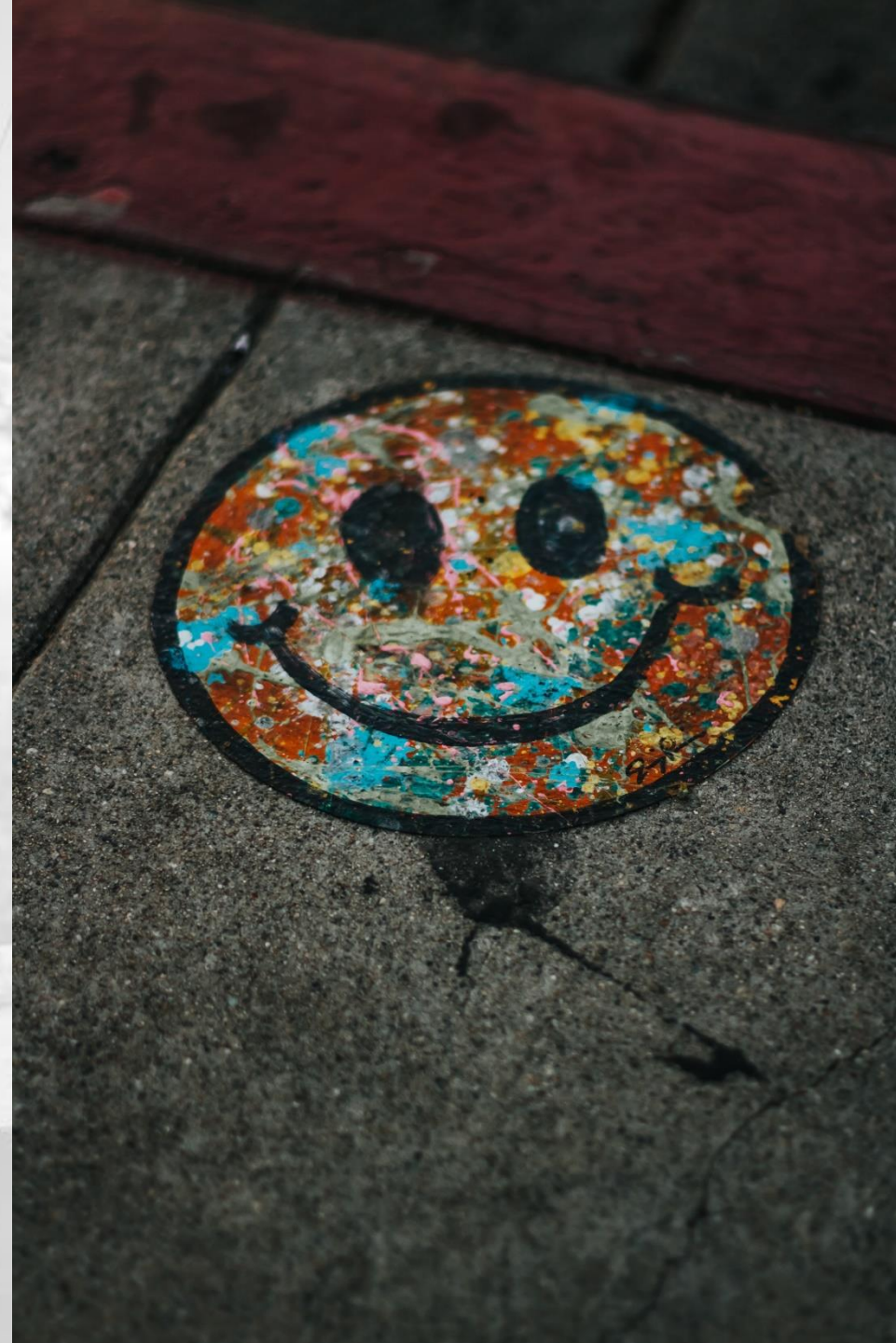
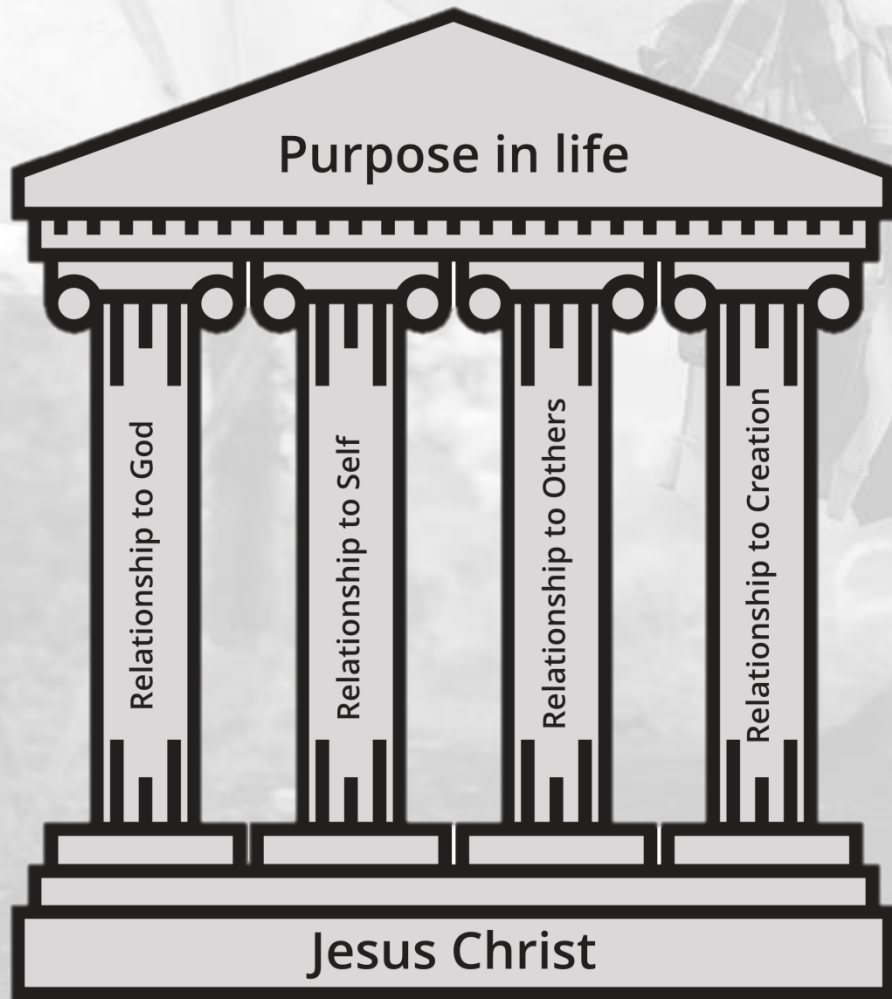


Practice

- Daily practice of the skills taught in each lesson is required for success in this class
- We are engaged in building up habits over the long haul rather than focusing on techniques and information
- Our goal is long-term behavior change rather than short-term knowledge gains



Four Relationship Pillars



Checklist

- Read Introduction in the workbook
- Complete Exercise 1 in Introduction
- Watch the Introduction video each day
- Prepare to commit the next 6 weeks to honing your skills