

# COURSE COMPLETION TIPS

## Seven Secrets to Rocking the Course

Today marks the beginning of the end of self-sabotage in your life. Here are seven tips for getting the most out of Pleasure Principles from pleasure-seekers who came before you.

**#1: Go In Order** The Principles (and the lessons) are meant to be worked in order. Each lesson builds on the previous one. Fight the urge to skip ahead.

**#2: Put It On Your Schedule** There are four Principles spread out over 24 easy-to-digest lessons. Schedule 30 minutes a day to work your way through the course, or a regular weekly time slot of at least 90 minutes. If you don't schedule time to do this work, the beast is way more likely to talk you out of ever completing the course.

**#3: Use Your Materials** The materials are here to help you internalize the lessons, adopt the tools, and develop a strong Principles practice. Use whatever helps you learn, in whatever ways make sense for you.

**#4: Don't Burn Out** Remember, you can download ALL of the materials - including videos and MP3s - and work through them at your own pace.

**#5: Consider How You Learn Best** Need to scribble notes to remember something? Be sure you're set up to do that. Learn best listening to audio while hiking in the woods? Grab headphones and rock the MP3s. Only capable of internalizing new information at 7am while drinking coffee? I hear you. You can do that, too, with the video, the transcripts, or both!

**#6: Connect With Me** I'll be sending you emails throughout the course. Open these emails. Star them as 'Important.' If they're getting thrown in your Updates or Promotions folders, be sure to drag them into your Primary inbox. Save [coffey@strongcoffey.com](mailto:coffey@strongcoffey.com) in your contacts. Don't let an overzealous email provider keep you from getting everything you can get out of this course.

**#7: Be All In** You're here because you have a problem with self-sabotage. It goes without saying that staying the course 'til the end may be a challenge. *You can do it*, one lesson, one minute, one day at a time. Don't worry about doing it perfectly (whatever that means). You're exactly where you need to be, so settle in.

