

# WORKSHEETS

## Instructions

The worksheets will help you internalize the Principles and use the tools in real life.

**To get the most out of the worksheets**, start at the beginning. As you hit each new Principle, complete the previous Principles' worksheets again before launching into the next. Be sure to keep and date all your work so you can see how your thinking shifts as you work your way through the material.

### Get All Tech-y

The Worksheets are set up as PDF forms, so you can type them if you choose. After you DATE and type your work into a sheet, be sure to save the whole document (save it with the date in the title for easy reference as you move forward - and don't forget to save that whole document with a new, dated title before you work on it again so you don't lose old work).

### Or Keep It Simple

If you'd rather do the worksheets the old-fashioned way, with pen or pencil, just print and complete the pages as you go along. If you're of a mind to take my suggestion for getting the most out of these worksheets, remember that you may want to go back and print additional copies of the previous Principles' worksheet pages so you can do that work again, and see how your thinking shifts as you continue through the course.

If you want to rock the worksheets old-school, consider getting yourself a three-ring binder, hole-punch those suckers, and section out your work however makes the most sense to you (by date, by Principle, etc.).

Worksheets have a profound impact on pleasure-seekers' experiences of the course, but only if they get used. If you have any questions or need any help around them or anything else, please reach out. Shoot an email to [support@strongcoffey.com](mailto:support@strongcoffey.com) anytime.

