

Checklist

	Module Number	Title	Type	Date Completed
1	M1	Introduction	Video	
2	M1	Checklist (this document)	pdf	
3	M2	Set Yourself Up For Success	Video 12m 36s	
4	M2	M2 Goal Setting Exercise	pdf	
5	M2	M2 SMART Goals Example	pdf	
6	M2	M2 Goal Setting Audio	mp3	
7	M3	What Do You Love, What Do You Hate?	Video 8m14s	
8	M3	M3 What Do You Love Template	pdf	
9	M4	Consider Your Talents	Video 13m 09s	
10	M4	M4 Strengths Inventory Worksheet	pdf	
11	M5	Reason And Excuses	Video 9m 21s	
12	M5	M5 Reasons Template	pdf	
13	M6	The Art Of Meditation (includes 7 minutes meditation)	Video 14m 33s	
14	M6	M6 Breathing Meditation	pdf	
15	M7	Dealing With Your Block And Obstacles	Video 4m 55	
16	M7	M7 Blocks And Obstacles Exercise	pdf	
17	M8	What Do You Want To Be When You Grow Up?	Video 10m 34s	
18	M8	M8 Visualisation Exercise	pdf	
19	M8	M8 Visualisation Audio	mp3	
20	M8	M8 Life History Exercise	pdf	
21	M9	What's Important To You About Your Career	Video 5m 29s	
22	M9	M9 Career Values Ex1	pdf	
23	M9	M9 Example Values	pdf	
24	M9	M9 Identifying Values – Worked Example	pdf	

HTHACTRWFY Materials Checklist

25	M10	Does My Career Satisfy My Values?	Video 5m 14s	
26	M10	M10 Using Your Values Example	pdf	
27	M11	I Dreamed A Dream	Video 3m 33s	
28	M11	M11 Tuesday In 5 Years Time Ex.	pdf	
29	M12	Pulling It All Together	Video 8m 56s	
30	M12	M12 Action Plan And Qs Template	pdf	
31	M12	M12 Pulling It All Together	pdf	
32	Bonus Video	Types Of Meditation	Video	
33	B1	Bonus Meditation Hakalau	pdf	
34	B1	Bonus Meditation Exercise	pdf	
35	B1	Bonus Meditation On An External Object	pdf	
36	B1	Bonus Meditation on Sound	pdf	
37	Case Studies	Case Studies	pdf	