TMRL Attitude Learning Plan

Session	Attitude Course Videos	Learning Guide Pages	Exercises in guide	Online Quiz
1	Chapter 1: Introduction	Lesson 1: pp. 5,6		
	Chapter 2: Where Does Human Behavior Come From?	Lesson 2: pp. 7-12	#2:1-p. 13, #2:2- p. 14	Chapters 1 & 2 Quiz
2	Chapter 3: Balancing the 3 Categories of Your Life	Lesson 3: pp. 15-17	#3:1-p. 19, #3:2- p. 20	
	Chapter 4: The Core Cause of Our Problems	Lesson 4: pp. 21-30	#4:1- p. 31, #4:2- p. 32	Chapters 3 & 4 Quiz
3	Chapter 5: Introduction to the B-Code™	Lesson 5: pp. 33-41	#5:1- p. 43, #5:2- p. 44	Chapter 5 Quiz
4	Chapter 6: Think and Grow Rich	Lesson 6: How this Started- pp. 45, 46		
	Chapter 7: The Missing Piece	Lesson 7: More about Beliefs- pp. 47-50	#7:1- p. 51, #7:2- p. 52	
	Chapter 8: Beliefs Don't Talk to Each Other			
	Chapter 9: Belief is Behind Every Problem			
	Chapter 10: Recognizing the Differences Between Truth and Belief			Chapters 6-10 Quiz
5	Chapter 11: Making Good on the Gift of Life			
	Chapter 12: The Truth About Making the Mystery of Life Work for You	Lesson 8: p. 49		
	Chapter 13: The Truth the Universe Being Positive and Trustworthy	Lesson 8: pp. 49-52		
	Chapter 14: The Truth About You	Lesson 8: pp. 52-55		
	Chapter 15: The Truth About Your Personal Power	Lesson 8: p. 55		
6	Chapter 16 : The Truth About Believing in Belief	Lesson 8: p. 56		
	Chapter 17: The Truth About What is Fair and Unfair	Lesson 8: pp. 56, 57		
	Chapter 18: The Truth About Betrayal	Lesson 8: pp. 57, 58		
	Chapter 19: The Truth About Your Responsibility	Lesson 8: pp. 58, 59		
	Chapter 20: Conclusion	Lesson 8: p. 60		
	Attitude Final Exam			**Final**
7		Lesson 9: Key Points for Breakout pp. 60-64		
		Lesson 9: Debriefing pp.64,65 Debriefing Example pp. 65-68		
8	Introduction to Breakout™			

	#1: The Truth About the Existence of the Higher Power			
9	#2: The Truth About the Nature of the Higher Power			
10	#3: The Truth About You			
11	#4: The Truth About Your Personal Power			
12	#5: The Truth About Worshipping Truth or Ego			
13	#6: The Truth About Resentment			
14	#7: The Truth About Betrayal			
15	#8: The Truth About Stress			

**Each belief you find may take anywhere from one day to more than a week to rid yourself of that belief. Once you have tried each breakout, you are encouraged to continue daily on beliefs that prevent you from obtaining the life you desire.