Attitude Training Syllabus

A. Description

This course involves a careful examination how our beliefs control our lives. It focuses on discovering the natural truth that we were born with to overcome the limitations and the discontent in our lives. Emphases are on beliefs, truth, human behavior, the conscious and the subconscious mind, B-Code™, Breakout™. When you understand where beliefs come from and what they do to your life, then use the Breakout™ sessions to find the truth about these beliefs and eliminate them, you can lead the life you want.

B. Organization

This is an on-line course that progressively takes you through each chapter. A workbook is available to further assist in the explanation of the information with exercises to increase understanding. Eight Breakouts™ complete the course.

C. Objectives

1. To understand that we control and create everything that happens in our lives.
2. To recognize the truth by describing everyday example of each of the four principles:
    A. You create both successes and failures in your life.
    B. You cannot stop yourself from creating.
    C. You can choose to stop creating failure.
    D. You can choose to create the material equivalent of your desires.
3. To identify ways our life experiences affect our beliefs and behaviors.
4. To recognize and give examples of how differences in people affect a person's belief.
5. To correlate how our belief system affects the results in our lives and to distinguish the difference between reacting and thinking.
6. To understand how the three areas of your life are controlled by beliefs.
7. To realize and give examples to show that beliefs are at the core of your problems.

8. To understand that we exchange the truth of the universe for beliefs. Our lies become our truth and the truth of the universe becomes our lies.
9. To differentiate the difference between how the conscious and subconscious minds work.
10. To identify the parts of the B-Code™ and their functions.
11. To explain how the areas of the B-Code™ affect your emotional system and produces behavior.
12. To understand what led to the creation of the B-Code™ and Breakout™.
13. To summarize how energy affects our physical and emotional wants.
14. To explain how belief prevents the outcomes we desire.
15. To associate the following truths with each corresponding foundational Breakouts™.
    A. There is an intelligent force that is bigger than you who created the universe.
    B. The intelligent force is all powerful, intelligent, and positive.
    C. You are ok. You were created in the image of the intelligent force. Your behavior will not be perfect, but you are ok. You are not your behavior.
    D. You have unlimited power to create whatever you choose.
    E. All beliefs are lies.
    F. Learn from your experiences. Ask yourself, “What do I believe that created this in my life?” Rid yourself of beliefs and uncover the truth in each experience.
    G. No one can consciously betray you. It is only another person’s reaction.
    H. You are responsible for yourself and any truthful obligations.
16. To verbally describe and validate how the entire B-code™ works in preparation for debriefing for Breakout™.
17. To identify the sequential steps to debrief in order to facilitate a proper debriefing session during personal Breakouts™.

D. Course Videos

The videos in this course include:

1. Introduction
2. Where does human behavior come from?
3. Balancing the 3 categories of your life.

4. The core of our problems
5. Introduction of the B-Code™
6. Napoleon Hill's, *Think and Grow Rich*
7. The missing piece
8. Beliefs don't talk to each other
9. Belief is behind every problem that you have
10. Recognizing the difference between belief and truth
11. Making good on the gift of life
12. The truth about the existence of a higher power
13. The truth about the nature of the higher power
14. The truth about you
15. The truth about your personal power
16. The truth about believing in belief
17. The truth about what is fair and what is unfair
18. The truth about betrayal
19. The truth about your responsibility
20. Conclusion
21. Final Test

E. Breakout Videos

Included with the course are 8 foundational Breakout videos:

22. Introduction to Breakout
23. The truth about the existence of a higher power (Breakout #1)
24. The truth about the nature of the higher power (Breakout #2)
25. The truth about you (Breakout #3)
26. The truth about your personal power (Breakout #4)
27. The truth about believing in belief (Breakout #5)
28. The truth about what is fair and what is unfair (Breakout #6)
29. The truth about betrayal (Breakout #7)

30. The truth about your responsibility (Breakout #8)

F. Lessons/Quizzes

Lesson 1: Introduction

Lesson 2: Human Behavior

Includes Videos:

1. Introduction
2. Where does human behavior come from?

Quiz: Lessons 1 & 2

Lesson 3: Balancing 3 categories of Life

Lesson 4: The core cause of our problems

Includes Videos:

3. Balancing the 3 categories of your life
4. The core cause of our problems

Quiz Lessons 3 & 4

Lesson 5: Introduction of the B-Code™

Includes Video:

5. Introduction of the B-Code™

Quiz Lesson 5

Lesson 6: How this started

Lesson 7: More about beliefs

Includes Videos:

6. Think and Grow Rich
7. The missing piece
8. Beliefs don't talk to each other
9. Belief is behind every problem that you have
10. Recognizing the difference between belief and truth

Quiz Lessons 6 & 7

Videos 11-19 involve an explanation of the Breakout process and the 8 foundational Breakouts™

Includes Videos:

11. Making good on the gift of life
12. The truth about the existence of a higher power
13. The truth about the nature of the higher power
14. The truth about you
15. The truth about your personal power
16. The truth about believing in belief
17. The truth about what is fair and what is unfair
18. The truth about betrayal
19. The truth about your responsibility

No quizzes for Lessons 10-19.

Lessons 20 and 21 are a summary and conclusion followed by a final test. To complete the course, it is recommended to attain 90% on each quiz and 100% on the final.

Breakout Video Lessons

Included with the course is an introduction to Breakout and the 8 foundational Breakout videos that will walk you through your own personal Breakout experience.

22. Introduction to Breakout
23. The truth about the existence of a higher power (Breakout #1)
24. The truth about the nature of the higher power (Breakout #2)
25. The truth about you (Breakout #3)
26. The truth about your personal power (Breakout #4)
27. The truth about believing in belief (Breakout #5)
28. The truth about what is fair and what is unfair (Breakout #6)
29. The truth about betrayal (Breakout #7)
30. The truth about your responsibility (Breakout #8)

No quizzes for Lessons 22-30.