

“Instructions - Begin Here!”

Welcome to your Master Your Life online course, presented by Centerpointe Founder Bill Harris. You have a lot to look forward to in this amazing course so let's cover some basics about how to access and use the course content so you can get started!

Remember that each lesson is released every two weeks. Bill felt very strongly that it was critical to take your time with each lesson and not rush, so please be sure you've thoroughly completed the video, homework, and exercises for each lesson before moving on to the next one. You can take longer in between lessons if you wish (although lessons will still automatically unlock every two weeks). You will receive a notification via email when each new lesson is unlocked.

Each Lesson has three steps:

1. Watch The Video Lesson

Each video lesson is about 30 to 45 minutes in length. For optimal results, try to watch each video more than once. Each video also includes a written transcript so you can read along with Bill or print it to read later, and a downloadable mp3 audio version so you can listen to your lesson content anytime you want. The audio files can be played on any computer, laptop, phone, or other media device that supports mp3s.

2. Do The Homework

Each Lesson comes with homework. The homework is an important part of getting the most out of the Master Your Life Course so be sure to set aside some time to complete it. You can also download a .pdf of the homework to print or save to read later.

3. Do the Exercises

The exercises for each Lesson will help you turn what you've learned and studied into real and practical value. As with the homework and transcripts, you can download a .pdf of the homework to print or save to read later.

As always, we encourage you to reach out to our Accelerated Results Coaches as you work through the course. They can help you with any questions about your homework or any other aspect of the Master Your Life Course.

You can reach them weekdays from 9am to 4:30pm Pacific Time at 503-672-7117 or by emailing support@centerpointe.com

Enjoy the Master Your Life Online Course!

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