



MAIN PROGRAM SCREEN

Core Program Videos... appear automatically as you move through the Program

Main Program Console... for context-sensitive access supports and resources

When you mark Session completed you automatically move to the next

Access the exercise for each session
Download audio

FROM THE MAIN PROGRAM CONSOLE



Program Menu Contents Overleaf

Context Sensitive Scientific Background



FULL PROGRAM MENU

- 0 - Starting Out and Getting Around
- 1 - Welcome to the Psychology of Success
- 2 - What is Wrong with You
- 3 - Evolution
- 4 - The Attentional Spotlight
- 5 - Creatures of Habit
- 6 - Boxes and Pigeonholes
- 7 - The Central Executive
- 8 - Creating Your World
- 9 - Theory of Mind
- 10 - The Theory of You
- 11 - Stored Knowledge
- 12 - Figuring Out What is Going On
- 13 - Living Down to Your Expectations
- 14 - Perceiving What You Expect
- 15 - Creating Your Reality
- 16 - Stress and the Waste of Worry
- 17 - How You Choose Stress
- 18 - Stress in the Workplace
- 19 - You Choose Stress
- 20 - Time to Change Your Mind
- 21 - Neural Plasticity
- 22 - The Central Executive
- 23 - The Subcortical Brain

- 24 - Coming to Your Senses
- 25 - More Than Coming to Your Senses
- 26 - Rewiring Your Brain
- 27 - Pianos and Dandelions
- 28 - Understanding Mental Exercise
- 29 - The Side Effects of Mental Exercising
- 30 - Parking Your Useless Thoughts
- 31 - The Subcortical Brain Revisited
- 32 - DNA and Tennis Balls
- 33 - Presence and Awareness
- 34 - Being EXTRA Ordinary
- 35 - Flow and Effortlessness
- 36 - The Effortless Experiment
- 37 - The Two Piece Jigsaw
- 38 - Exercise On the Go
- 39 - Goals You Expect to Happen
- 40 - Proper Goal Setting
- 41 - Tuning in Your Attentional Spotlight
- 42 - Repurposing the Insula and Amygdala
- 43 - Defining Success
- 44 - Goals Come in All Shapes and Sizes
- 45 - Great Big Goals
- 46 - Perfect Moments
- 47 - More Perfect Moments
- 48 - Even More Perfect Moments
- 49 - Grander Goals Yet

- 50 - Known Perfect Moments
- 51 - Setting Your Mind
- 52 - How to Set Operational Goals
- 53 - The Real Impact of Your Set Mind
- 54 - Decisions Decisions Decisions
- 55 - The 21st Century Subcortical Brain
- 56 - Decision Making and Problem Solving
- 57 - The Cut and Thrust - The Here and Now
- 58 - Your Daily Action Plan
- 59 - And Another Action Plan
- 60 - Making the Right Impression
- 61 - The Energy Vampires
- 62 - Working Under Pressure
- 63 - Deep Sleep Sweet Dreams
- 64 - Work Life Balance
- 65 - Daily Priority Setting
- 66 - Business and Career
- 67 - Real Leadership
- 68 - Control and Influence
- 69 - Healthy Mind Healthy Body
- 70 - Stress Anxiety and Depression
- 71 - The Two Piece Jigsaw Revisited
- 72 - Your Life Your Way

ADDITIONAL SCREENSHOTS

Main Program Screen “Hard Science” Video



Sample Check-In Instructions



Sample Check-In Statements for Evaluation



Sample Check-In Feedback Screen



How You Feel About You

Wonder? It's wonderful to be completely at ease with yourself... comfortable in your own skin? Well, we now know that, if we're not (or just if we are), it is the result of what we learned about ourselves during our formative years. But that was then and this is now - so how do you measure up... now. This "scored" is based on statements, the sliding scale below provides you with a quick snapshot of where you stand...

Red is "not so good" (I'm trying to be nice) and Blue is "good"!



This is an interesting one - I constantly advise my clients that, if we're properly focused, we should always be in this state. But... well, this is in the red and blue is good, so we are not so focused... well, this is in the red state.