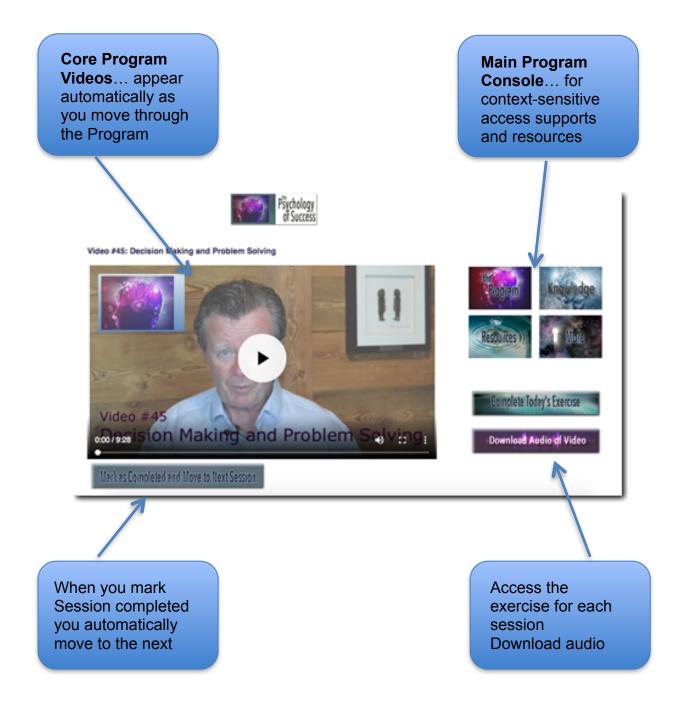
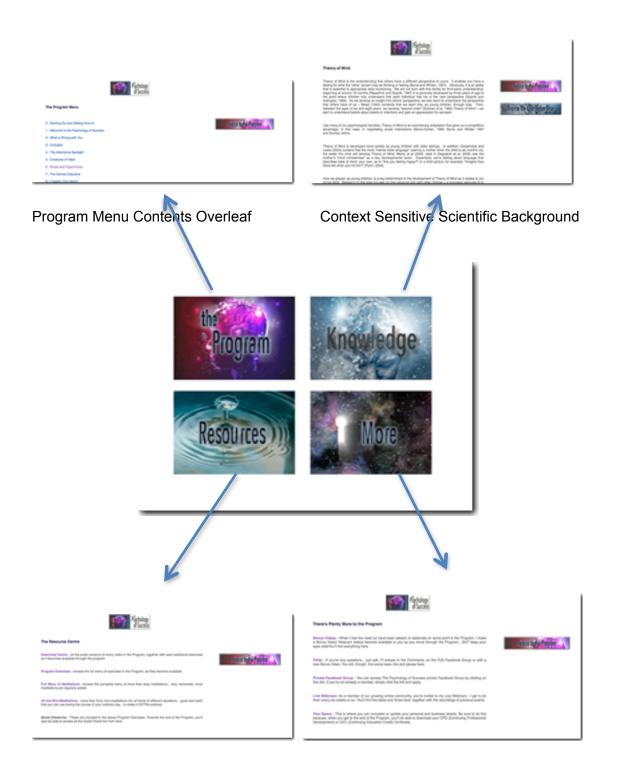


MAIN PROGRAM SCREEN



FROM THE MAIN PROGRAM CONSOLE



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

