



## MAIN PROGRAM SCREEN

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

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

The screenshot displays the 'MAIN PROGRAM SCREEN' interface. At the top center is the 'the Psychology of Success' logo. Below it, the video player shows 'Video #45: Decision Making and Problem Solving' with a play button overlay. A small thumbnail of the brain logo is in the top-left corner of the video player. Below the video player is a button labeled 'Mark as Completed and Move to Next Session'. To the right of the video player is the 'Main Program Console', which contains four icons: 'The Program', 'Knowledge', 'Resources', and 'More'. Below these icons are two buttons: 'Complete Today's Exercise' and 'Download Audio of Video'. Arrows from the surrounding text boxes point to these elements.

When you mark Session completed you automatically move to the next

Access the exercise for each session  
Download audio version of video

# FROM THE MAIN PROGRAM CONSOLE



Program Menu Contents Overlay

Context Sensitive Scientific Background



## FULL PROGRAM MENU

| #  | Session Title                        |
|----|--------------------------------------|
| 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 | Coming to Your Senses                |
| 24 | Rewiring Your Brain                  |
| 25 | Understanding Mental Exercise        |
| 26 | Parking Your Useless Thoughts        |
| 27 | Presence and Awareness               |
| 28 | Being EXTRA Ordinary                 |
| 29 | Flow and Effortlessness              |
| 30 | The Effortless Experiment            |
| 31 | Exercise On the Go                   |
| 32 | The Two Piece Jigsaw                 |
| 33 | Goals You Expect to Happen           |
| 34 | Proper Goal Setting                  |
| 35 | Tuning in Your Attentional Spotlight |
| 36 | Defining Success                     |
| 37 | Goals Come in All Shapes and Sizes   |
| 38 | Great Big Goals                      |
| 39 | Perfect Moments                      |
| 40 | More Perfect Moments                 |
| 41 | Even More Perfect Moments            |

|    |  |
|----|--|
| 42 | Grander Goals Yet                      |
| 43 | Setting Your Mind                      |
| 44 | Decisions Decisions Decisions          |
| 45 | Decision Making and Problem Solving    |
| 46 | The Cut and Thrust... The Here and Now |
| 47 | Your Daily Action Plan                 |
| 48 | And Another Action Plan                |
| 49 | Making the Right Impression            |
| 50 | The Energy Vampires                    |
| 51 | Working Under Pressure                 |
| 52 | Deep Sleep... Sweet Dreams             |
| 53 | Work Life Balance                      |
| 54 | Daily Priority Setting                 |
| 55 | Business and Career                    |
| 56 | Real Leadership                        |
| 57 | Healthy Mind Healthy Body              |
| 58 | 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

