

## Entrepreneur's Desire Masterplan

Program Structure and expectations.

This is a 7-week course on dealing with Overwhelm and Procrastination.

The course involves a little information and a lot of skill training and attitude training.

Each week on Tuesday afternoon (3 PM EDT), I'll present some information and demonstrate the skills you are to practice with your study buddies.

Then, on your own schedule, you have calls with your study buddies (one at a time). This is where you practice both skills and attitudes (mindset).

I've set the course up so that to stay in integrity with the class, the study buddy calls are essential. This is where the core learning will take place.

The basic format for each Tuesday presentation will be:

- Logistics

- Review of homework successes and challenges

- Choose your next overwhelm and procrastination contexts

- Presentation of new material

- Demo of new material

Topics:

Week 1: Overwhelm, Procrastination, Integrity, Supportive Communication

Week 2: Change, Mindfulness, Focus

Week 3: Desire, Permission, Gratitude/Celebration

Week 4: Priorities

Week 5: Dealing with emotions

Week 6: Beliefs

Week 7: Celebration