



<p>Course Title</p>	<p>Be More Content and Less Complacent – Change the Systems in Your Life for More Success and More Happiness</p>
<p>Course Summary</p>	<p>This course thrusts the student into the Systems and Habits Approach to Improvement to create a better life.</p> <p>This isn't ongoing coaching. It isn't about how to how to love yourself more. It is specifically about how to transition from being too complacent to be content in life by designing new patterns of thought and behavior.</p>
<p>Instructor</p>	<p>Scott Miker</p>
<p>Length of Course</p>	<p>11 Weeks</p>

Phase 1	Week 1	<p>Topics</p> <ul style="list-style-type: none"> <li>• 110 The problem with setting goals versus systems</li> <li>• 111 Progress not Perfection</li> </ul>	<p>Assignment</p> <p>Start a new process – Morning and Night routines</p>
	Week 2	<p>Topics</p> <ul style="list-style-type: none"> <li>• 120 Quick, Easy and Effective</li> <li>• 121 Hot and Cold Empathy Gap</li> <li>• 122 Setting Minimums</li> </ul>	<p>Assignment</p> <p>Start reading Reon Schutte’s book, <i>Set Yourself Free</i></p>
	Week 3	<p>Topics</p> <ul style="list-style-type: none"> <li>• 130 Simple, Sticky, and Self-Regulating</li> <li>• 131 Learn to take 100% responsibility in life</li> </ul>	<p>Assignments</p> <p>Meeting with instructor</p> <p>Phase 1 quiz</p>
Phase 2	Week 4	<p>Topics</p> <ul style="list-style-type: none"> <li>• 140 Linear Thinking vs Systems Thinking</li> <li>• 141 Live in the process, not the outcome</li> <li>• 142 Plan, Do, Study, Act</li> </ul>	<p>Assignment</p> <p>Review and update morning processes</p>
	Week 5	<p>Topics</p> <ul style="list-style-type: none"> <li>• 150 System solutions</li> <li>• 151 Flexibility</li> </ul>	<p>Assignment</p> <p>Create new systems for other areas of your life</p>
	Week 6	<p>Topics</p> <ul style="list-style-type: none"> <li>• 160 How to use the systems principles in other areas <ul style="list-style-type: none"> <li>○ Financial Spreadsheet</li> <li>○ Quitting Smoking</li> <li>○ Exercising</li> <li>○ Playing music</li> </ul> </li> </ul>	<p>Assignment</p> <p>Phase 2 quiz</p>

Phase 3	Week 7	<p>Topics</p> <ul style="list-style-type: none"> <li>• 170 Ongoing systems maintenance – every 21 days review and adjust</li> </ul>	<p>Assignment</p> <p>Review and update morning processes</p>
	Week 8	<p>Topics</p> <ul style="list-style-type: none"> <li>• 180 When the system fails – what to do</li> <li>• 181 Leverage</li> </ul>	<p>Assignment</p> <p>Meeting with Instructor</p>
	Week 9	<p>Topics</p> <ul style="list-style-type: none"> <li>• 190 Other resources for systems thinking</li> </ul>	<p>Assignments</p> <p>Start reading Jack Canfield's Success Principles</p> <p>Phase 3 quiz</p>
Phase 4	Week 10	<p>Topics</p> <ul style="list-style-type: none"> <li>• 200 Feedback loops</li> <li>• 201 How to be content without becoming complacent</li> <li>• 202 Everything is good AND bad</li> </ul>	<p>Assignment</p> <p>Find a way to switch sides</p>
	Week 11	<p>Topics</p> <ul style="list-style-type: none"> <li>• 210 The system is perfect – learn to see the systematic perfection</li> <li>• 211 Tao Te Ching 29<sup>th</sup> Verse and Tao Te Ching 41<sup>st</sup> Verse</li> </ul>	<p>Assignment</p> <p>Complete End of Course Review</p>