COURSE COMPLETER TIPS

Setting clear expectations leads to more beneficial outcomes

"It helped to block time in my calendar, set alerts and make it non-negotiable with myself."

- **Shawn M.**

"I found it easier to download the fillable PDF activities first and save in a folder after I finished each, which made it very simple to complete the Personalization Plan on Day 7."

- **Megan B.**

"It may be tempting to skip certain parts, only to find later that they were important."

- **Adam P.**

"When doing certain activities, I found it helpful to think things through about myself to be sure my answers all flowed together."

- **Jake G.**

"Though there seems to be a lot of information at times, I think it's well-paced and evenly balanced with video, reading and the activities."

- **Annie L.**

"Like anything, you get out what you put in. It's because I did that now, two weeks after completing the program, I still feel refreshed and am holding onto the mindset that this course allowed me to have."

- **Laura W.**

© 2021 Z University, Inc.
All Rights Reserved