

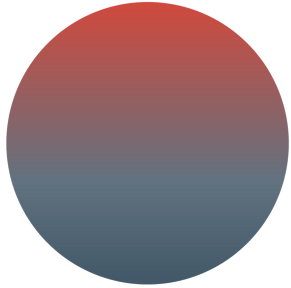


Self Loyalty School Syllabus

A 10 month audio based course.

Real change happens in spirals. In life, we keep repeating lessons. It might feel like we are relearning the same lesson, but really, we are experiencing it at a new level with new insight. When we have a spiral mastered, we will spiral up to another place. In Self Loyalty School, we will be using this idea of spirals to cycle through 4 topics 3 times.

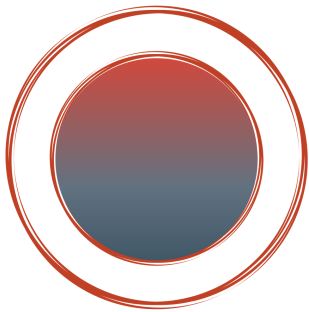
We will be covering 4 topics key to quieting High Functioning Anxiety: Beliefs, Body, Self-Loyalty, Feelings. We will cycle through each topic 3 times, going deeper and deeper each time, building on what we learned.



Foundations: 2 weeks

Lay the groundwork for our work together including defining common terms and sharing my approach.

Week 1& 2: Five days of lessons followed by a two-day break



Spiral One: 12 weeks

Theme One: Beliefs: 3 weeks

Baby steps in changing our unhealthy coping skills and adding in new ones.

Week 1 & 2: Five days of lessons followed by a two-day break

Week 3: Implementation & Catch-Up

Theme Three: Body: 3 weeks

How we can use our bodies to ease our anxiety.

Week 1 & 2: Five days of lessons followed by a two-day break

Week 3: Implementation & Catch-Up

Theme Two: Feelings: 3 weeks

Getting in touch with our feelings (or our resistance to them).

Week 1 & 2: Five days of lessons followed by a two-day break

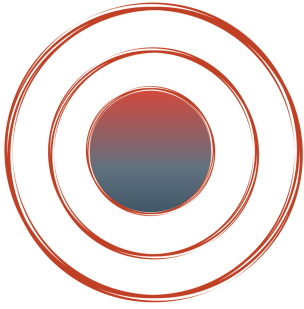
Week 3: Implementation & Catch-Up

Theme Four: Self-Loyalty: 3 weeks

Defining Self-Loyalty and how to start cultivating it.

Week 1 & 2: Five days of lessons followed by a two-day break

Week 3: Implementation & Catch-Up



Spiral Two: 12 weeks

Theme One: Beliefs: 3 weeks

Baby steps in changing our unhealthy coping skills and adding in new ones.

Week 1 & 2: Five days of lessons followed by a two-day break

Week 3: Implementation & Catch-Up

Theme Three: Body: 3 weeks

How we can use our bodies to ease our anxiety.

Week 1 & 2: Five days of lessons followed by a two-day break

Week 3: Implementation & Catch-Up

Theme Two: Feelings: 3 weeks

Getting in touch with our feelings (or our resistance to them).

Week 1 & 2: Five days of lessons followed by a two-day break

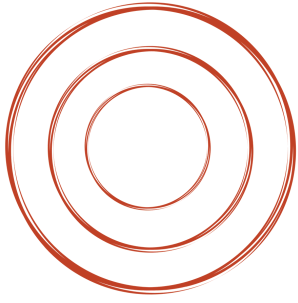
Week 3: Implementation & Catch-Up

Theme Four: Self-Loyalty: 3 weeks

Defining Self-Loyalty and how to start cultivating it.

Week 1 & 2: Five days of lessons followed by a two-day break

Week 3: Implementation & Catch-Up



Spiral Three: 11 weeks

Theme One: Beliefs: 3 weeks

Baby steps in changing our unhealthy coping skills and adding in new ones.

Week 1 & 2: Five days of lessons followed by a two-day break

Week 3: Implementation & Catch-Up

Theme Three: Body: 3 weeks

How we can use our bodies to ease our anxiety.

Week 1 & 2: Five days of lessons followed by a two-day break

Week 3: Implementation & Catch-Up

Theme Two: Feelings: 3 weeks

Getting in touch with our feelings (or our resistance to them).

Week 1 & 2: Five days of lessons followed by a two-day break

Week 3: Implementation & Catch-Up

Theme Four: Self-Loyalty: 3 weeks

Defining Self-Loyalty and how to start cultivating it.

Week 1 & 2: Five days of lessons followed by a two-day break



Conclusion: 1 week

Summary and takeaways. Wrapping up all we have learned and next steps.