

## 15 ways to get the most from the online course or book

1. Set aside a time and place to work on the resources every day.
2. Don't drink alcohol or nibble while working on your plan. Tea, coffee or juice are OK though.
3. Get energised before sitting down to work. Anything that uses your muscles for a couple of minutes is OK.
4. Read the module/book over and over till you know it by heart. Keep a learning diary (e.g. Notes in your mobile). Think about what you are learning.
5. Move it off the page/screen and into your life. Make a plan and write it down.
6. Think about how you would get up a climbing wall. You can do it if you take lots of small steps. Be sure to make them small, simple steps that you will be able to do.
7. Your plan is like a New Year resolution, so don't let it fade away. Check your progress every week. Plan-Do-Review.
8. You WILL get stuck from time to time, so work out what to do about it in advance.
9. Get a lot of help. The more people know about your plan, the more help you'll get and the more likely you are to succeed.
10. Write yourself a letter from 10 years in the future – "Thanks for being strong all those years ago".
11. Fill your life, fridge, mirror, car with encouraging reminders like "I can do it".
12. Imagine you are your own best friend and give yourself some encouragement.
13. Think like an athlete and get coaching and support from anywhere and everywhere you can.
14. Plan your coaching sessions in advance – know what you want to get help for.
15. Get a system in place to remind yourself what happens in the coaching session. How can you build on what you learn?