

workshop syllabus

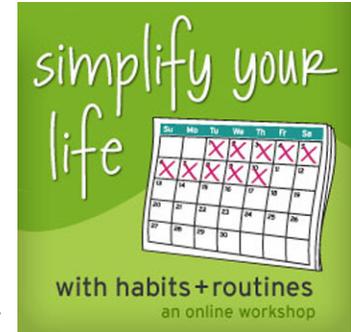
SIMPLIFY YOUR LIFE WITH HABITS + ROUTINES

Instructor: [Janine Adams](#)

Lesson 1: Creating Great Habits

Thursday, July 19, 2012

In this lesson you'll learn about good habits and how to create new ones. You'll start by taking a look at what you already do automatically and think about what you'd like to change to make your life even better. Finally, you'll choose a single good habit to cultivate, to start you on the road to a simpler life.



Lesson 2: Creating Routines to Automate Your Habits

Thursday, July 26, 2012

During this lesson you'll learn about the power of routines in simplifying your life. You'll find out how to string a series of habits together to make a routine so you can do beneficial things on a regular basis without even thinking about them. You'll learn how to create morning and evening routines as well as non-daily routines. And you'll put the lesson concepts into action by creating a new routine and giving it a test drive.

Lesson 3: Less of the Bad, More of the Good!

Thursday, August 2, 2012

While creating good habits has the power to transform your life, breaking bad habits can be equally powerful, and that's what lesson 3 is all about. In this lesson you'll learn five proven methods that will simplify the process of breaking bad habits. Plus, you'll also find out how to transform bad habits into good ones by asking yourself six simple questions. You'll be motivated to eliminate bad habits and replace them with new habits that will make your life easier and better.

IMPORTANT DATES!

Workshop End Date: **Thursday, August 16, 2012** (This is the final day of instructor participation in this workshop.)

Community Access Dates: You will continue to have access to the online lesson materials, gallery, and online forum through **July 19, 2013**—one full year of access!

