

## TTBE Syllabus

This syllabus is for the core program. This is the work that is emailed to you Monday of each week.

Wednesday emails are bonus. We offer them up in the order that works best for most people. Do these if you have time.

Some videos have gray checkboxes at the top right corner. Check these boxes off after you have watched them.

Some are required for progress in the program. These do not have checkboxes. As you watch these, your progress bar will move to indicate your percentage of the core work completed.

### After Enrollment

**If you need assistance with any of this, just email [support@livewellandfully.com](mailto:support@livewellandfully.com) and we'll assist.**

Action to Take	Completed
<a href="#">Watch Welcome Video here.</a> Get familiar with our Mission! Prepare to reach YOUR Mission Accomplished.	
<a href="#">Fill out "Get to Know You".</a> so we can fully support your Experience.	
<a href="#">Log into Membership Platform here.</a> You login is in the first email you got with a subject line starting with [TTBE]	
(VIP students): <a href="#">Friend Barbara here.</a> Then watch your Facebook Messenger for the invitation to the group and accept it. We will then introduce you.	
(VIP students): <a href="#">Practice connecting to Barbara's Coaching Calls and to the Progress Calls.</a> The Zoom numbers to both are shown on the link provided here.	
<a href="#">Watch the "Start Here" Video.</a> Get the lay of the land. <i>TIP: check off the box at the top right when you have watched the video so you can keep track. Do this each time you watch a video and there is a checkbox. Use the provided comment areas to keep track of what is important to you.</i>	

<i>Continue on this same page.</i> Read about the weekly email schedule. Watch the video on bucketing emails.	
<i>Continue on...</i> Read about the week by week schedule.	
<i>Continue on...</i> Get the full scoop on Barbara's coaching Calls, the Progress Calls and the difference. Be prepared:)	
<i>Continue on...</i> If tech isn't too scary, see the section about how to download all the PDFs for the entire TTBE program if you'd like.	
<i>Continue on...</i> If you need CE credits for a related field, read the info at the bottom of this page.	

## Week 1: Clear Your Mind

Action to Take	Completed
<a href="#">Watch the Tech Tips Videos of your choosing.</a>	
<a href="#">Review terminology here</a>	
<a href="#">Make a commitment now.</a> Schedule your dedicated time to do the work of TTBE. Prioritize yourself, just this once!	
<b>Optional:</b> <a href="#">Get Acquainted with the Real Moms... Real Insights Bonus.</a> There are a selection of curated tips for students new to the program.	
<a href="#">Do the Clear Your Mind Module here.</a> 1st video - Freewrite - just 19 min start to finish.	
<i>Continue with Clear Your Mind...</i> 2nd video - Environment - also just 19 min start to finish.	

## Week 2: Kickoff

Action to Take	Completed
<a href="#">Kickoff Module here.</a> Video 0-1 Welcome (20 min)	
<i>Continue with Kickoff ...</i> Video 0-2 Overview (15 min)	
<i>Continue with Kickoff ...</i> Video 0-3 Our Tools (14 min)	
<b>Optional:</b> <a href="#">Get Acquainted with the Real Moms... Real Insights Bonus.</a> There are a selection of curated tips for students new to the program.	

## Week 3 Transformative Priorities

Action to Take	Completed
<a href="#">Transformative Priorities Module here.</a> Video 1-1 Overview (6 min)	
<i>Continue with Transformative Priorities...</i> Video 1-2 Basic Truths (12 min)	
<i>Continue with Transformative Priorities...</i> Video 1-3 Truths 2 & 3 (8 min)	
<i>Continue with Transformative Priorities...</i> Video 1-4 Priorities Exercise (23 min) ( <i>TIP: Force yourself to do the work in time with this video.</i> )	
<b>Optional:</b> <a href="#">Revisit Real Moms... Real Insights Bonus.</a> A new module has opened in this bonus and it's all	

about, you guessed it, Transformative Priorities. Now's the time if you are interested. These videos showcase other moms working through their priorities.	
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## Week 4 Boundaries Retrospective

Action to Take	Completed
<a href="#">Boundaries Retrospective Module here.</a> Video 2-1 Overview (10 min)	
<i>Continue with Boundaries Retrospective...</i> Video 2-2 Retrospective Freewrite (11 min in time to video please)	
<i>Continue with Boundaries Retrospective...</i> Video 2-3 Boundary Retrospective Exercise (29 min in time to video please)	
<i>Continue with Boundaries Retrospective...</i> Video 2-4 Degree of Boundary Correlation (8 min)	
<b>Optional:</b> <a href="#">Revisit Real Moms... Real Insights Bonus.</a> A new module has opened in this bonus and it's all about Boundaries Retrospective. Now's the time if you are interested.	

## Week 5 - Transformative Boundaries - That Big Bad BBEE (Boundary- Benefit Evaluation Exercise) *(Just kidding - very doable now that you have the foundational weeks.)*

Action to Take	Completed
<a href="#">Boundary-Benefit Evaluation Exercise</a> Video 3-1 Let's Talk About Transformative Boundaries (6 min)	
<i>Continue with Transformative Boundaries...</i> Video 3-2 BBEE review (25 min)	

<i>Continue with Transformative Boundaries...</i> Video 3-3 Set your first Transformative Boundary (54 min - and do in time with video please)	
<b>Optional:</b> <a href="#">Revisit Real Moms... Real Insights Bonus</a> . Two new modules have opened in this bonus. There are lots of videos of Moms working through the BBEE, for inspiration and good ideas.	

## Week 6 Practice, Practice, Practice

Like with any skill, practice makes perfect, or as close to perfect as we can get with decisions this tough. So let's do that.

Action to Take	Completed
<a href="#">Practice, Practice, Practice Module here</a> . Video 4-1 Nancy Roars (1 min) but boy does she roar. Be like her!	
<i>Continue with Practice, Practice, Practice...</i> Video 4-2 The Next 3 Weeks (12 min)	
<i>Continue with Practice, Practice, Practice...</i> Video 4-3 One detailed BBEE example (10 min)	
<i>Continue with Practice, Practice, Practice...</i> Video 4-4 A Cautionary Tale (3 min)	
<i>Continue with Practice, Practice, Practice...</i> Video 4-5 Transformative Retrospective (5 min)	
Keep Going - Do another BBEE - follow the video 3-3.	

## Week 7 - Practice, Practice, Practice

Action to Take	Completed
Keep Going - Do another BBEE - follow the video 3-3.	

Week 8 - Practice, Practice, Practice

Action to Take	Completed
Keep Going - Do another BBEE - follow the video 3-3.	
Do your retrospectives (video 4-5)	