



## Resource Sheet

### Curriculum Checklist

Your homework for this week is to take everything we learned in Call 4 + everything we've learned throughout the Lab and use it to deepen, layer, and weave your curriculum.

As you deepen and polish your curriculum, here is a checklist of things to be thinking about:

- ✓ Have you created an organic & well-ordered journey for your hero?
- ✓ Does the length of the journey reflect your hero's beginning and end points?
- ✓ Does the length of the journey fit well with the vehicle or format of your program?
- ✓ If all of your participants aren't starting at the same point on the journey, have you made provisions for that?
- ✓ Have you helped your hero define her WHY?
- ✓ Have you created inspiration through the WHY, and desire to take the journey?
- ✓ Have you helped your hero assess where she is starting on the journey?
- ✓ Have you pre-emptively addressed resistance?
- ✓ Have you addressed resistance in particular methodology steps that need it?
- ✓ Have you articulated the edge of your thought leadership through your methodology?

- ✓ Have you connected the dots through your methodology steps?
- ✓ Have you included takeaway opportunities?
- ✓ Have you included seal-in opportunities?
- ✓ Have you layered in some of the 4 pathways of mental concepts and awareness (from Week 3)?
- ✓ Have you included mental, emotional, spiritual and physical exercises for learning and processing? Have you found the right balance between them?
- ✓ Have you defined the concepts you're teaching?
- ✓ Have you included personal illustration stories where appropriate?
- ✓ Have you timed your curriculum?