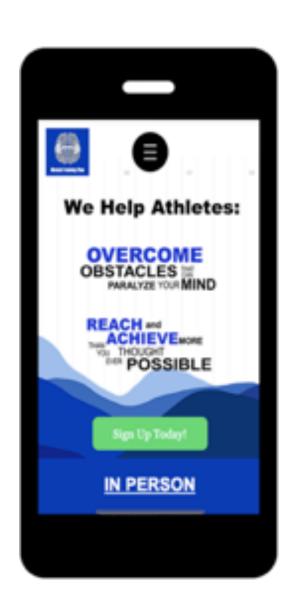
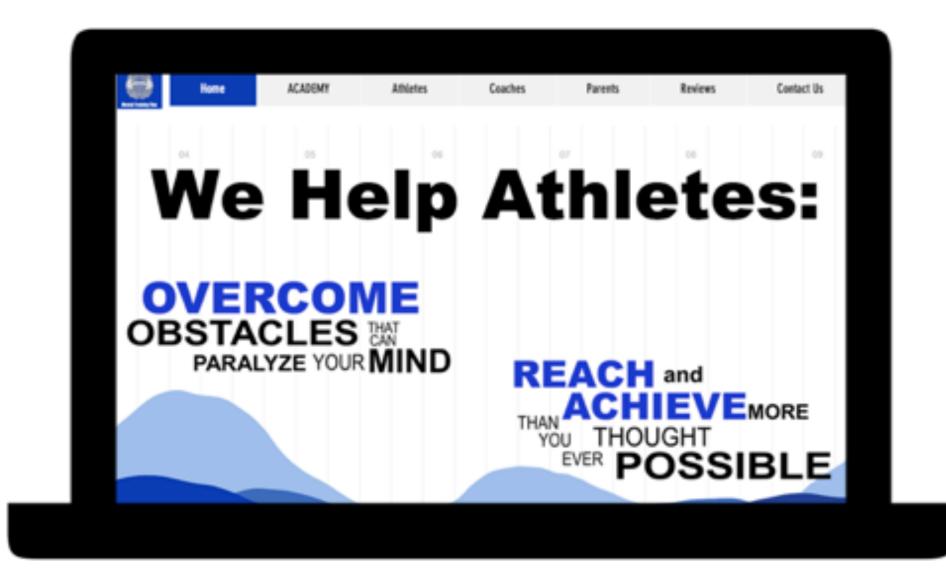
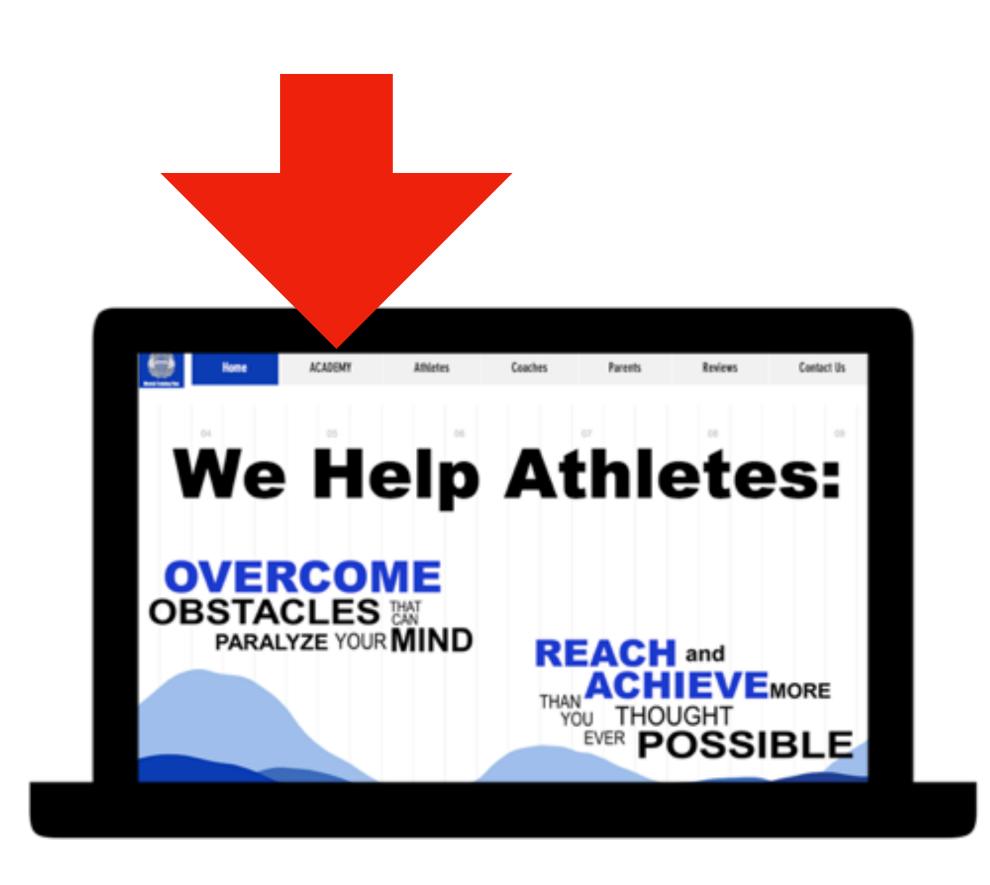
STEP 1 - Go To: <u>MentalTrainingPlan.com</u>



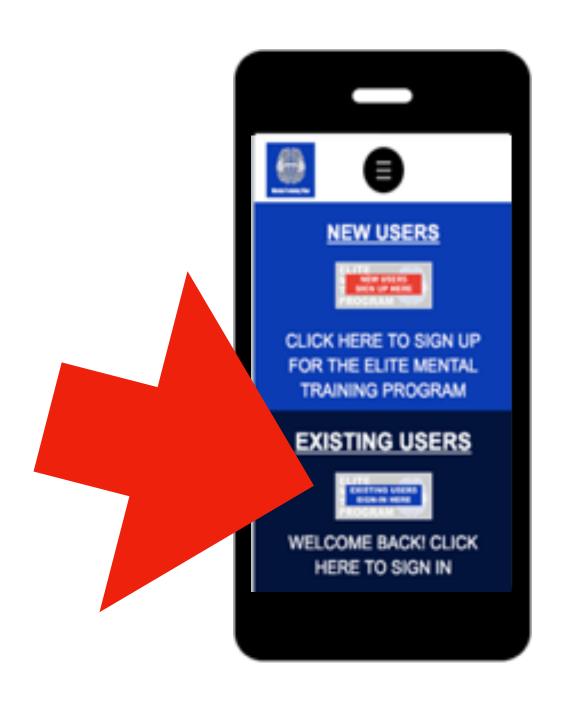


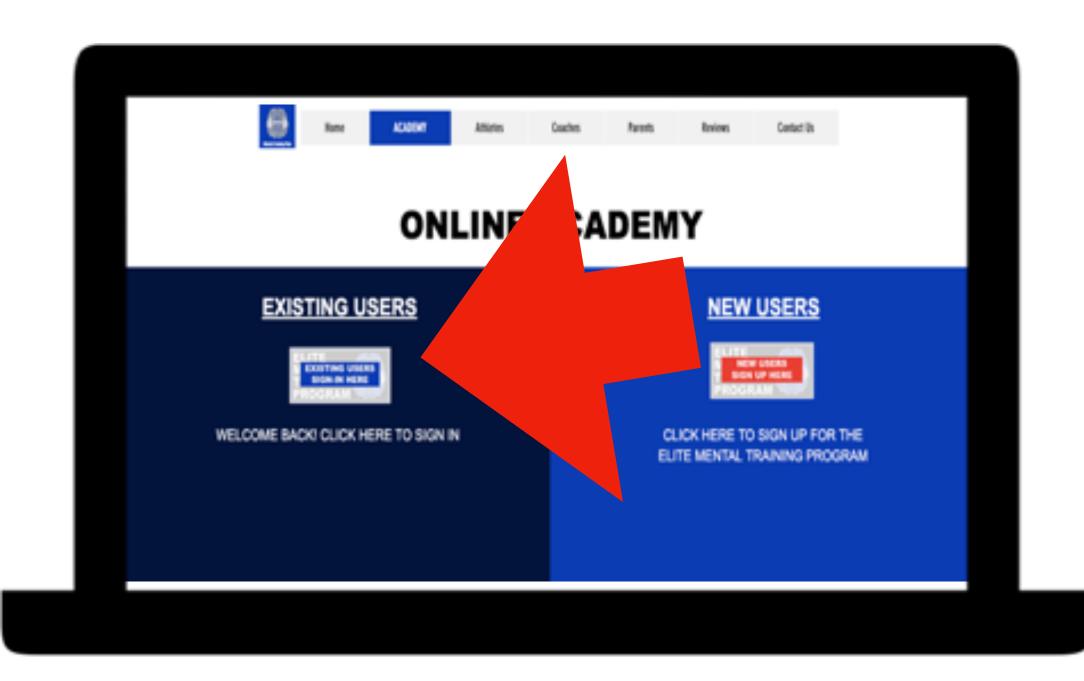
STEP 2 - In the Menu Bar click ACADEMY





STEP 3 - On the Academy Page Click EXISTING USER





STEP 4 - Under My Courses Click on the Elite Mental Training Program Icon

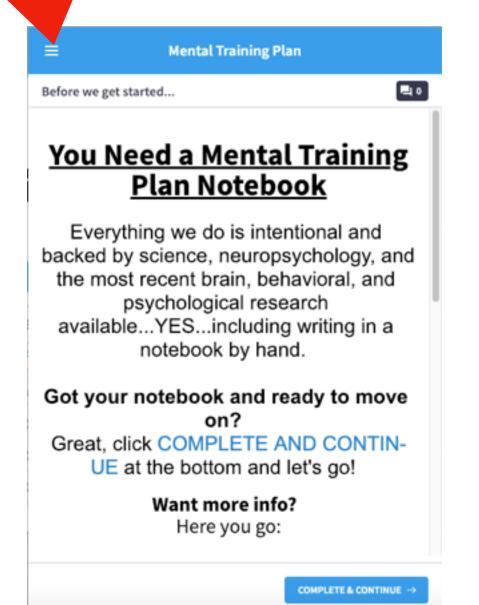
My Courses

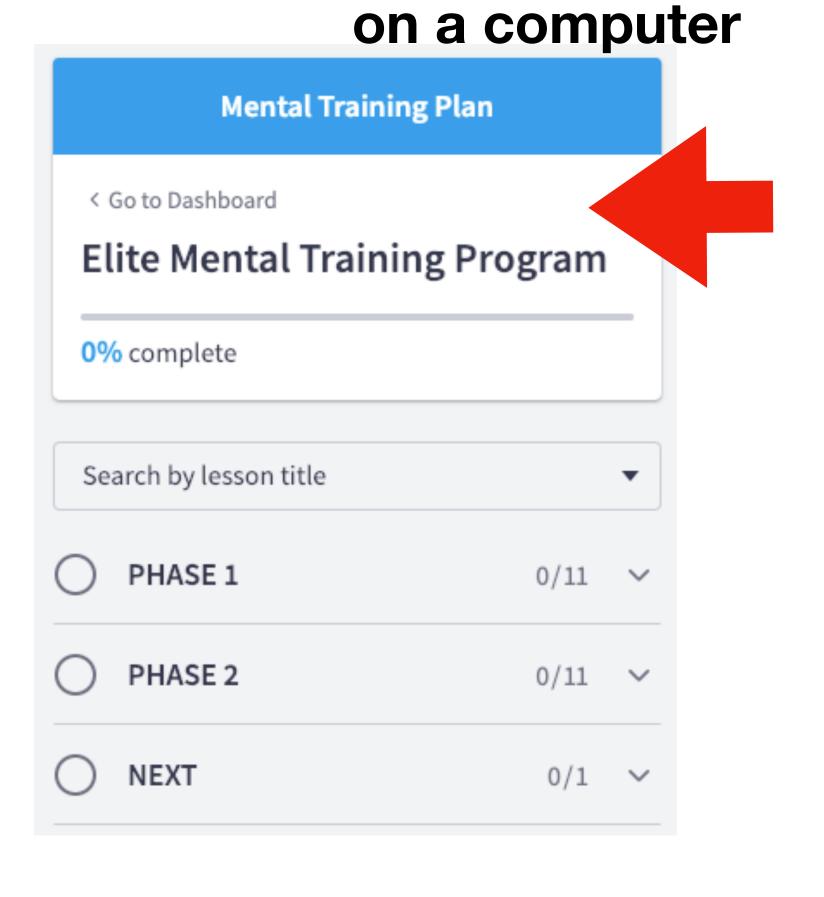
View more courses

Elite Mental Training Program 0% Start Course TRAINING PROGRAM

Step 5: Use the Navigation Bar to go to the correct lesson

Located at the top on a cell phone or tablet





Located on the far left

0	PHASE 1	0/11	^
0	Before we get started TEXT · PREREQUISITE		
0	Pages 1 & 2 TEXT · PREREQUISITE		
0	Examples - Brainstorming PRESENTATION		
0	Examples - Long Term Vision PRESENTATION		
0	Self-Assessment TEXT · PREREQUISITE		
0	Focus Cycle □□ VIDEO · 3 MIN · PREREQUISITE		
0	Page 3 - Off Target TEXT · PREREQUISITE		
0	Page 4 - On Target TEXT · PREREQUISITE		
0	System 1 and System 2		

QUESTIONS? SOMETHING NOT WORKING?

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