



## Lesson 1: Homework

- 1) Listen to Self-Mastery Technology every day.
  - i. Listen to SMT sessions least ONE TIME PER DAY. Free online streaming is available. Just plug your headphones into the computer.
  - ii. For more accelerated results, you can purchase the “Self-Mastery Technology” light and sound machine, which will come with visualization and additional recordings.
  - iii. For best results, listen 10 minutes in the morning as soon as you get up, 20 minutes during the day, then 10 minutes right before bed.
- 2) [Click here](#) to access the “10 Healthy Guidelines” and follow it!
- 3) Log your feelings in the daily checklist space included in your program manual. Keeping a journal will help you to better understand how your feelings influence your eating habits. Studies show that those who keep a daily food journal are twice as successful at losing weight and keeping it off!

*Learn it Live it Lose it*

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