



Holistic Learning Centers, Inc.

Advanced Training for Holistic Practitioners and Beings Seeking Empowerment

SELF-MASTERY ASSIGNMENT CHECKLIST

NAME: _____ DATE: _____

Rev. 5/20/08

[FIRST 10-20 HOURS OF SMAs are listed on page 1 & 2:](#) New Spiritual Life Coaches: See handout entitled [Summary Checklist for the First 20 SMAs](#) for descriptions & instructions.

***SMAs needed to complete the CCC CURRICULA CHECKLIST FORM are in Yellow- Plus- Onion pg.& Dharmic Case History**

- SELF-MASTERY BOOK LESSON # 1: Answer the SMA questions on the last page in the first party.
- FIRST PARTY COMMUNICATION: Define the primary and secondary benefits of staying in first party.
- SELF-MASTERY CDs: Listen to each tape 4-8X (See CD listening handout).
- SECRET BOOK/CD*: Find seven facts why "Secret" proves why the HLC exercises work for anyone who does the work.
- LEARN HOW TO USE YOUR TEXTBOOK: Index, Educational Study Guide, Action lessons.
- SELF-PARENTING 100-DAY EXERCISE. Read one S/P Affirmations daily... Do not personalize this SMA until instructed.
- Three Levels of First Party Communication: Answer the SMA questions on the last page in the first party.
- DISCIPLINAS: Read the 100 *DISCIPLINAS BENEFITS* consciously every day for 90 days.
- PICK TOP 3 DISCIPLINAS FROM THE 5 CATEGORY (15): Write how your life will change when you have mastered them.**
- SPIRITUAL DISTINCTION MEDITATION: Listen to Jane Christ's SDM CD until you can do it on your own. Then facilitate it on your life coach within one month.
- THE HOW'S & WHY'S OF DOING SENTENCE COMPLETIONS: Write a paragraph on how to do sentence completions: why they are important; why the ego does not do sentence completions.
- CCC SMA FORM FOR CLIENTS: Clients fill out this form after you have facilitated all 5 CCC elements.**
- USE THE SM EXERCISES IN A NUTSHELLS AS FLASH CARDS: Feeling Chart, WAIF, 1st Party, R/C Comm, etc
- SEVEN SPIRITUAL TRUTHS: Summarize the seven spiritual truths in your words.
- SELF-PARENTING 101 SMA. Answer the questions on the last page in first party.**
- SELF-PARENTING HEALING TRUISMS: Answer the SMA questions at the end (See page 77).**
- SELF-PARENTING HEALING TRUISMS: Find one "real world consequence" for each truism.
- SELF-PARENTING HEALING TRUISMS: Write an "affirmation" for each truism.
- FEELINGS TRUISMS: Answer the SMA questions at the end (See page 59).
- FEELING TRUISMS: Find one "real world consequence" for each truism.
- FEELING TRUISMS: Write an "affirmation" for each truism.
- PRIORITIZE FEELING CHART*: Prioritize your Healing Feelings and your Emotional Blocks SMA
- SELF-PARENTING POEM SMA: Answer the questions on the last page in first party.
- WAIF SMA: Answer the questions in the first party.
- CREATE YOUR INNER CHILD VISUAL HISTORY: Put one adult photo in the upper right side.
- SELF-PARENTING PERMISSION RULES: Mindless exercise...rewrite in first party- pick top four and explain why they are your most important adult permission rules- ADD to 100-Day! (See page 76)
- LESSON # 5-SELF-PARENTING: Summarize the seven pieces in your words.
- PARENTAL IDEALIZATION: Answer the questions in the first party.
- COMPLUSION to REPEAT and OVERCOME CHILDHOOD HURTS: Answer the questions on the last page in the first party.
- PARENTAL PROCESS: List 7 negative traits of Mom and Dad.
- ENMESHMENT PROCESS SMA'S 1 & 2: Answer the questions on the last page in first party.
- FORGIVENESS PROCESS: SMA'S 1 & 2 Answer the questions on the last page in first party.

- ❑ OBSERVE & CORRECT: Answer the questions on the last page in first party.
- ❑ BOUNDARIES PROCESS SMA (SHORT): Answer the questions on the last page in the first party.
- ❑ TRANSPARENT BELIEFS: Answer the questions on the last page in first party (*For neophyte students*).
- ❑ CORE NEGATIVE BELIEFS: Answer the questions on the last page in first party (*For neophyte students*).
- ❑ The METAPHYSICS of how the SELF-MASTERY PROCESSES WORK: Answer the questions on the last page in first party.
- ❑ THE CREATION/DIS-CREATION CYCLE: Answer the questions on the last page.
- ❑ 7-STEPS HOW TO DIS-CREATE: Answer the questions on the last page in first party.
- ❑ MASTERING SELF-PROGRAMMING: Answer the questions on the last page in the first party.
- ❑ ACTION LESSON SMA: Answer the questions in the first party.
- ❑ REVIVING OPHELIA: Answer the "For Women" Empowerment SMA questions on the last page in the first party! Excellent to teach men about why women are treated as sex objects after they reach puberty.

SECRET – SELF-MASTERY ASSIGNMENTS (SMSA) # 1 - # 9 ASK – BELIEVE – ACT – RECEIVE

- ❑ SECRET – SELF-MASTERY SMSA #1- Law of Attraction and Beliefs.
- ❑ SECRET – SELF-MASTERY SMSA #2- Law of Attraction and Feelings
- ❑ SECRET – SELF-MASTERY SMSA #3- Act – Believe – Act - Receive
- ❑ SECRET – SELF-MASTERY SMSA #4- Expectation – Gratitude -Visualization
- ❑ SECRET – SELF-MASTERY SMSA #5- Money Mastery
- ❑ SECRET – SELF-MASTERY SMSA #6- Relationship Mastery
- ❑ SECRET – SELF-MASTERY SMSA #7- Health and Weight Mastery
- ❑ SECRET – SELF-MASTERY SMSA #8- The Secrets of you, your family, and the World
- ❑ SECRET – SELF-MASTERY SMSA #9- Do The Work You Love and the Seven Spiritual Truths

SELF-MASTERY...A JOURNEY HOME TO YOUR SELF! 16-LESSONS

(SMAS ARE LISTED IN PRIORITY ORDER)

- ❑ LESSON #1: WHAT IS...SELF-MASTERY?
- ❑ CREATE A 'WIN' JOURNAL!
- ❑ THREE LEVELS OF FIRST PARTY: ANSWER THE SMA QUESTIONS IN FIRST PARTY
- ❑ LESSON #2: WHY AFFIRMATIONS "ALONE" DON'T WORK
- ❑ HEALING PARADOX: Write a paragraph on why this paradox it is important to your spiritual growth.
- ❑ THERE'S NO MAGIC FORMULA: Answer the questions on the last page in first party.
- ❑ BIRTH ORDER: Answer the questions on the last page in first party.
- ❑ ASTROLOGY: Answer the questions on the last page in first party
- ❑ W.O.N.D.E.R.F.U.L.: Answer the questions on the last page in the first party (see sample).
- ❑ C.ON.T.A.M.I.N.A.T.E.: Answer the questions on the last page in the first party (see sample).
- ❑ PHYSICAL & EMOTIONAL ABUSE: Answer the questions on the last page in the first party.
- ❑ PAYOFFS: Answer the questions on the last page in first party.
- ❑ SEXUAL ABUSE: Part 1; Part 2; Part 3. Answer the questions on the last page in the first party.
- ADVANCED CORE FEAR IDENTITY SERIES OF SMAs
- ❑ THOUGHT DISTORTIONS SMA: Answer the questions on the last page in first party.
- ❑ CORE LOVE IDENTITY TEMPLATE SMA: Create your own CLI template & answer the SMA questions.
- ❑ CORE LOVE IDENTITY EXERCISE: TO BE FACILITATED ON YOUR CLIENT
- ❑ CORE FEAR IDENTITY CREATION SMA: ANSWER THE QUESTIONS ON THE LAST PAGE IN FIRST PARTY.
- ❑ HUMAN IDENTITY CREATION SMA: ANSWER THE QUESTONS ON THE LAST PAGE IN FIRST PARTY.
- ❑ UNDERSTANDING MY CORE FEAR IDENTITY: ANSWER THE QUESTIONS ON THE LAST PAGE IN FIRST PARTY.
- ❑ VALIDATION TEMPLATE SMA: CREATE YOUR OWN RELATIONSHIPS TEMPLATE.
- ❑ VALIDATION PROCESS SMA: HOW TO VALIDATE YOUR FEELINGS.
- ❑ THEN & NOW SMA: ANSWER THE QUESTIONS ON THE LAST PAGE IN FIRST PARTY.
- ❑ CORE FEAR IDENTITY TEMPLATE SMA: CREATE YOUR OWN CFI TEMPLATE & ANSWER THE SMA QUESTIONS.
- ❑ CORE DISABLING FEAR IDENTITY SMA: ANSWER THE QUESTIONS ON THE LAST PAGE IN FIRST PARTY.
- ❑ CMP CORE FEAR IDENTITY USING THE CFI SENTENCE COMPLETIONS
- ❑ LESSON #8 THE META PHYSICS OF SELF MASTERY SMA
- ❑ WORSE TRAUMATIC MEMORY PROCESS AND SMA: ANSWER THE SMA QUESTIONS ON THE LAST PAGE IN FIRST PARTY.

- ❑ **POSITIVE ANCHORING TECHNIQUES:** ANSWER THE QUESTIONS ON THE LAST PAGE IN FIRST PARTY.
- ❑ **THE POWER TO FCHOOSE MIND OR MASTERY SMA:** ANSWER THE QUESTIONS ON THE LAST PAGE IN FIRST PARTY.
- ❑ **LESSON #3 The CONSCIOUS CREATION PROCESS!**
- ❑ **YANG SKILLS FOR SELF-EMPOWERMENT:** Answer the questions on the last page in first party.
- ❑ **GIVING/RECEIVING BEN FRANKLYN BALANCE SHEET:** What do I feel when I give/receive...
- ❑ **MATCH GAME:** Answer the questions on the last page in first party.
- ❑ **CREATIVE VISUALIZATION PROCESS:** Answer the SMA questions in first party.
- ❑ **SURRENDER PROCESS:** Answer the questions and do the exercises on the last page in the first party.
- ❑ **ATTENTION-INTENTION SMA:** Answer the SMA questions in first party.
- ❑ **YEARNING VS. DESIRE:** Answer the questions on the last page in first party.
- ❑ **PAST-PRESENT PROCESS:** Follow the Instructions in the exercise.
- ❑ **MINI-COURSE IN SELF-EMPOWERMENT:** Answer the questions on the last page in first party.
- ❑ **WORD AS LAW SMA:** Answer the SMA questions in first party.
- ❑ **STRUGGLERS SMA:** Answer the questions on the last page in the first party.
- ❑ **POSITIVE BEHAVIOR SHAPING!** Answer the questions on the last page in the first party.
- ❑ **HABIT SCROLL:** Read the text silently upon rising, at midday, and before bed for 90 days.
- ❑ **YOUR PERSONAL DEVELOPMENT QUEST:** Answer the questions on the last page in first party.
- ❑ **SPIRITUAL LAWS OF SUCCESS:** Re-write how to apply the law of detachment and the sequence of how the laws operate in your own words.
- ❑ **RECORD YOUR AUDIO AFFIRMATIONS:** Include- Gratitudes, Feel Good Actions, Visualizations.
- ❑ **LESSON #4 THE LANGUAGE OF FEELINGS**
- ❑ **EMOTIONAL AWARENESS:** Answer the questions on the last page in first party.
- ❑ **Emotional Dependency Needs:** Rewrite EDN definition (left hand page 38, 3rd paragraph) in 1st party.
- ❑ **LOVE YOURSELF POEM:** Rewrite it in first party.
- ❑ **NAME 7-WAYS IT WASN'T SAFE** for you as a child and **7-WAYS IT IS SAFE NOW** for you to be your Self as an adult.
- ❑ **DISTURBING FEELING POEM:** Answer the questions on the last page in the first party.
- ❑ **NAME SEVEN WAYS THAT YOU CAN NURTURE YOUR SELF DAILY.**
- ❑ **N.ORMAL N. ATURAL & N. ECESSARY:** Practice validating your feelings by writing why it's NNN for you to feel your 12 healing feelings using real life examples.
- ❑ **HOLISTIC FUNCTIONS:** Describe why each of the 12 Holistic Functions (column two on the Feelings Chart) are the benefits that you will receive for feeling the 12 Healing Feelings.
- ❑ **WRITE "I'M SAFE!" 100X**
- ❑ **SUFFERING DOES NOT DIMINISH (TOLLE):** Rewrite it in first party.
- ❑ **ANGER/EN THEO'S PROCESS:** Answer Anger SMA questions on the last page.
- ❑ **Mood Guidance Scale:** Answer the questions on the last page in first party.
- ❑ **BLIND PROCESS:** Blind fold yourself for 3-hours to increase your intuitive awareness.
- ❑ **FINANCIAL ABUNDANCE & LANGUAGE OF FEELINGS:** Answer the questions in first party.
- ❑ **EMOTIONALIZING SAD SCARED SMA:** Answer the questions on the last page in first party.
- ❑ **GIG OVERWHELMED SMA:** Answer the questions on the last page in first party.
- ❑ **SECRETS PROCESS:** Why telling you deepest secret is helpful (Catholic confession & suicide rate)
- ❑ **LESSON #5 SELF-PARENTING**
- ❑ **SELF-PARENTING VISUALIZATION AND AFFIRMATIONS:** Read and feel them until you can read them to your counselor with deep, emotionally supporting feelings. After you counselor feels that you are reading them without fear & doubt, RECORD them and listen to it as often as possible.
- ❑ **FOUR CORNERSTONES OF SELF-PARENTING:** Define and grade how successfully you give and receive the four cornerstones of Self-parenting.
- ❑ **ADOLESCENCE SMA:** (Part 1 and Part 2)- Answer the SMA questions in first party.
- ❑ **ADOLESCENCE SELF-TALK SMA:** Answer the SMA questions in first party.
- ❑ **THEN and NOW EXERCISE:** Using your Emotional Healing Objectives (Truisms) *VALIDATE* why it WASN'T SAFE for you to be a CHILD... THEN why it is SAFE... NOW for you to be an ADULT using the 9-Pieces of Self-Parenting.
- ❑ **ADULT INTEGRATION SMA:** Answer the SMA questions in first party.

- ❑ VALIDATION PROCESS SMA: Answer the SMA questions in first party
- ❑ VALIDATION EXERCISE: (See textbook page-74).
- ❑ RECORD YOUR SELF-PARENTING 100-DAY EXERCISE.
- ❑ SELF MASTERY ALPHA WARM UP FIRST PARTY: Facilitate the process according to the script.
- ❑ YIN YANG VISUALIZATION: Personalize the visualization.

- ❑ **LESSON #6 SPIRITUAL RELATIONSHIPS**
- ❑ YANG POWER: Answer the questions on the last page in the first party.
- ❑ INTIMACY PARADOX: Write a paragraph on why this paradox is important to your spiritual growth.
- ❑ CIRCLE OF STONES SMA: Answer the questions on the last page in the first party.
- ❑ MAGICAL BELIEFS: Answer the questions on the last page in the first party.
- ❑ BALANCING YIN-YANG (TEST): Answer the questions on the last page in the first party.
- ❑ MALE-FEMALE WITHIN: Answer the questions on the last page in the first party.
- ❑ SPIRITUALLY INTER-ACTIVE LOVING RELATIONSHIP PROCESS: rewritten in first party.
- ❑ DIFFERENCES BETWEEN MEN AND WOMEN: This is only a text there are no SMA questions.
- ❑ THE POWER OF TWO SMA: There aren't any SMA questions, simply follow the procedure as outlined throughout the text.
- ❑ 7-STEPS TO PROTECT YOUR BOUNDARIES: Answer the questions on the last page in first party.
- ❑ BOUNDARY BASICS: Answer questions in the first party.
- ❑ BOUNDARIES ANSWERS 2: Read each sentence and identify which ones reveal enmeshments. Identify the boundaries examples as rigid, permeable, distant, flexible, closed or enmeshed.
- ❑ BOUNDARIES PROCESS (LONG): Answer the questions on the last page in the first party.
- ❑ RESPONSIBILITY COMMUNICATION: Answer questions in the first party.
- ❑ SABOTEURS & TEAMMATES: Answer the questions on the last page in first party.
- ❑ CRAVING APPROVAL: Answer the questions on the last page in the first party.
- ❑ CODEPENDENCE: Answer the questions on the last page in the first party.
- ❑ FUNDAMENTALISTS: This is only a text there are no SMA questions.
- ❑ SPIRITUAL PSYCHOLOGY POP QUIZ: Define transference, counter transference, boundary violations of intrusion and distance, emotional enmeshment, trans-generational bonding and emotional enmeshment.

- ❑ **LESSON #7 IS YOUR EGO MIND YOUR MASTER?**
- ❑ MIND THINKS/SELF FEELS! Rewrite in first party & write a paragraph on what came up for you.
- ❑ RESISTANCE POEM: Answer the questions on the last page in the first party.
- ❑ SIX FACTS ABOUT THE EGO: Answer the SMA questions.
- ❑ EGO CAN'T MANIFEST YOUR INTENTIONS SMA: Answer the questions on the last page in first party.
- ❑ "WHAT IS" POEM: Answer the questions on the last page in the first party.
- ❑ LOVE & FEAR IDENTITIES: Take 3 of your major Fear & Love Identities, break them down into their composite parts and write up how you UIR each of your Fear Identities.
- ❑ SELF-DELUSION PROCESS: Answer the questions on the last page in the first party.
- ❑ I HAVE THE POWER TO CHOOSE PROCESS: Answer the SMA questions.
- ❑ SURRENDER PROCESS: Answer the questions and do the exercises on the last page in the first party.
- ❑ BOOK FOR THE MIND: Answer the questions on the last page in the first party.
- ❑ ATTACHMENT/DETACHMENT PROCESS: See page 225 in the Self-mastery book.
- ❑ SURRENDER TO YOUR POWER: Answer the questions on the last page in the first party.
- ❑ THREE WAYS HOW YOUR EGO TREATS THE PRESENT MOMENT: Answer the questions on the last page in the first party.
- ❑ TO LIVE IN THE WORLD POEM-SMA: Answer the questions on the last page in the first party.

- ❑ **LESSON #8 THE METAPHYSICS OF SELF-MASTERY!**
- ❑ HUMAN IDENTITY CREATION: Answer the questions on the last page in the first party.
- ❑ UNCONSCIOUS AVOIDANCE OF FEAR PROCESS: Answer the SMA questions.
- ❑ DISABLING FEAR IDENTITY SMA: Follow the instructions.
- ❑ WORSE TRAUMATIC MEMORY: Answer the questions on the last page in first party.

- ❑ **LESSON #9 SPIRITUAL DISTINCTION**

❑ LESSON #10 THE DISCIPLINAS

- ❑ **READ THE 100 DISCIPLINA BENEFITS CONSCIOUSLY EVERY DAY FOR 90 DAYS**
- ❑ **PICK TOP 3 DISCIPLINAS:** Write how your life will change when you have mastered them.
- ❑ **SURRENDER PROCESS:** Answer the questions and do the exercises on the last page in the first party.

❑ LESSON #11 MONEY MASTERY

- ❑ **MONEY MASTERY TEXTBOOK-**See Money Mastery textbook for numerous SMAs and Exercises
- ❑ **MONEY MASTERY: Part 1:** Questions 1-10; then 11-21. Answer the SMA questions in first party.
- ❑ **MONEY MASTERY: Part 2:** Questions 1-14; then 15-27. Answer the SMA questions in first party.
- ❑ **EXTERNAL GOALS (A TOLLE SMA):** Answer the questions on the last page in first party.
- ❑ **YOU CAN'T GET TO SAN DIEGO FROM PHOENIX:** Answer the questions on the last page in first party.
- ❑ **MORE BLESSED TO RECEIVE:** Answer the questions on the last page in first party.
- ❑ **RECEIVING IS AN INTENTIONAL ACT:** Answer the questions on the last page in first party.
- ❑ **PSYCHOLOGY OF LACK:** Answer the questions on the last page in first party.
- ❑ **EXAMINING MONEY BELIEFS:** Answer the questions on the last page in first party.
- ❑ **SPIRITUALITY AND MONEY BELIEFS:** Answer the questions on the last page in first party.
- ❑ **PROSPERITY IS YOUR DIVINE HERITAGE:** Answer the questions on the last page in first party.
- ❑ **MEN AND MONEY BELIEFS:** Answer the questions on the last page in first party.
- ❑ **DUMP FINANCIAL STRUGGLE:** Answer the questions on the last page in first party.
- ❑ **YOU ARE CONSCIOUS CREATOR:** Answer the questions on the last page in first party.
- ❑ **TIME MANAGEMENT & MONEY MASTERY:** Answer all questions in first party.
- ❑ **PROSPERITY DIVINE HERITAGE:** Answer the questions on the last page in first party.

❑ LESSON #12 WEIGHT MASTERY

- ❑ **WEIGHT MASTERY TEXTBOOK-**See Weight Mastery textbook for numerous SMAs and Exercises.
- ❑ **YOU ARE A CONSCIOUS CREATOR:** Answer the questions on the last page in first party.
- ❑ **WEIGHT MASTERY:** Questions 1-14; then 15-27. Answer the SMA questions in first party.
- ❑ **DESTRUCTIVE PAYOFFS OVEREATING:** Answer the questions on the last page in first party.
- ❑ **DIS-CREATING FAT PROGRAMMING:** Answer the questions on the last page in first party.
- ❑ **WEIGHT MASTERY SABOTEURS:** Answer the questions on the last page in first party.
- ❑ **POSITIVE ANCHORING TECHNIQUES:** Answer the questions on the last page in first party.

❑ LESSON #13 PARENTING MASTERY

- ❑ **PARENTING MASTERY TEXTBOOK-**See Parenting Mastery textbook for numerous SMAs and Exercises.
- ❑ **ADOLESCENCE SMA:** (Part 1 and Part 2)- Answer the SMA questions in first party.
- ❑ **ADOLESCENCE SELF-TALK SMA:** Answer the SMA questions in first party.
- ❑ **CHILDREN LEARN WHAT THEY LIVE:** Answer the questions on the last page in first party.
- ❑ **MATURE BOUNDARY PROTECTION:** Answer the questions on the last page in first party.
- ❑ **TEENAGE A.D.O.L.E.S.C.E.N.C.E. SMA:** (1) Excellent SMA to educate parents about what to expect from their Adolescent children (2) SMA given after you do the Adolescence Self-parenting session.
- ❑ **CREATE A NURTURING MASTERY FAMILY:** Answer the questions on the last page in first party.
- ❑ **CRISIS MANAGEMENT ACTION PLAN:** Answer the questions on the last page in first party.
- ❑ **DEALING WITH A BULLY:** Answer the questions on the last page in first party.
- ❑ **EXTRAVERT OR AN INTROVERT:** Answer the questions on the last page in first party.
- ❑ **PARENT-CHILD BOUNDARIES:** Answer the questions on the last page in first party.
- ❑ **HOW TO IMPROVE FAMILY COMMUNICATIONS:** Answer the questions on the last page in first party.
- ❑ **NEGATIVE SELF-TALK:** Answer the questions on the last page in first party.
- ❑ **RAISING AN EMOTIONALLY HEALTHY CHILD:** Answer the questions on the last page in first party.
- ❑ **SELF-WORTH EXERCISE:** Answer the questions on the last page in first party.
- ❑ **STRATEGIES FOR RAISING A SELF-MASTERED CHILD:** Answer the questions on the last page in first party.
- ❑ **SURFACING YOUR CHILD'S HIDDEN TALENTS:** Answer the questions on the last page in first party.
- ❑ **HOW TO STOP VERBALLY ABUSING YOUR CHILD:** Answer the questions on the last page in first party.

- **LESSON #14 KARMA AND YOUR SPIRITUAL PURPOSE FOR LIVING!**
- **DHARMIC LIFE STYLE CHART:** Fill in the bubble flow chart to outline your dharmic progression
- **4-OBSTACLES TO FIND YOUR SPIRITUAL PATH:** Answer the questions on the last page in first party.
- **WORK AT YOUR PASION 4-WEEK PROCESS:** Section C- Pg.3 CIT Training Manual
- **DR. WAYNE DYER QUOTE:** On page 100 of the Self-mastery Textbook have them write a paragraph on the Dyer quote and describe why Wayne's message is so important for one who wants to do the work they love as a career.
- **WHY DOING WORK YOU LOVE CREATES FINANCIAL INDEPENDENCE:** See page 227 in the Self-mastery book.
- **2ND HALF OF LIFE PROCESS:** See page 226 in the Self-mastery book.
- **ATTACHMENT/DETACHMENT PROCESS:** Answer the questions on the last page in the first party.
- **THREE MODALITIES OF AWAKENED DOING SMA:** Answer the questions on the last page in the first party.
- **HOUSEHOLDERr-SMA:** Answer the questions on the last page in first party.
- **DHARMIC THESIS:** After 65 hours as a CIT you are ready to write the autobiography of your particular dharmic predicament.
- **THE FOUR REMINDERS SMA:** Answer the questions on the last page in first party.

- **LESSON #15 THE TRUTH AND NOTHING BUT THE TRUTH!**
- **SHIFT HAPPENS**
- **I GET IT!** Answer the questions on the last page in the first party.

- **LESSON #16 BEGINNINGS**
- **REWRITE:** The Lesson Summaries in your own words... and in First Party.
- **LESSON # 16 SELF-MASTERY BOOK SUMMARY:** Answer the SMA questions on the last page in the first party.