

# Here's how the Me Power course benefits you and your family



Access simple and practical knowledge, skills and habit building tools every day, on any device. Use them to suit your personal schedule.

Beginner Foundation Enhanced Premium Exclusive

<b>Daily Reminders</b>					
A daily email to help you and your family plan, reflect and be at your best more often	✓	✓	✓	✓	✓
Twice daily planning and reflection emails (AM+PM) to improve diet, exercise and sleep, and help everyone be their best	✗	✓	✓	✓	✓
Create bespoke daily, weekly and monthly emails to boost health, happiness and performance *coming soon*	✗	✗	✓	✓	✓
<b>Live training</b>					
Weekly online webinar-style training with an expert Me Power consultant	✗	✗	✗	✓	✓
<b>A Private Coach</b>					
Weekly private, personalised coaching sessions (for families, parents, or parent and child) with an expert Me Power consultant to help you all flourish	✗	✗	✗	✗	✓
<b>An Introduction to the Me Power Academy</b>					
Animation - The Bad news: Learn why it is difficult to be your best	✓	✓	✓	✓	✓
Animation - The Good news: Learn how you can be your best	✓	✓	✓	✓	✓

Beginner Foundation Enhanced Premium Exclusive

<b>Section 1 - An introduction to Yourself and Your Brain</b>					
Animation - Learn about your A.P.E. Brain®	✓	✓	✓	✓	✓
Self-testing - 'The A.P.E. Test'	✓	✓	✓	✓	✓
Planning Tool - Use the Me Power® Guide to plan how to beat the A.P.E.® & be your best	✓	✓	✓	✓	✓
<b>Level 0 - A.P.E. Brain H.A.C.®: Build better diet, exercise &amp; sleep daily</b>					
Audio Book - Learn how to be your best more often	✗	✓	✓	✓	✓
Self-testing - 'The A.P.E. Brain Reflection'	✗	✓	✓	✓	✓
Self-testing - 'It Would Be Helpful If...'	✗	✓	✓	✓	✓
Audio Guide - A summary of the main ideas covered in Level 0	✗	✓	✓	✓	✓
Planning Tool - The D.E.S. S.W.A.P.®: Learn how to build better sleep, diet and exercise habits every day	✗	✓	✓	✓	✓
<b>Level 1 - Mindset H.A.C.®: Improve confidence every day</b>					
Animation - Learn how you can become better at anything	✗	✓	✓	✓	✓
Interactive Lesson 1 - Learn how to move your learning from knowledge, to skill, to habit	✗	✗	✓	✓	✓
Interactive Lesson 2 - Understand why learning new things is not always A.P.E. Brain® friendly	✗	✗	✓	✓	✓
Audio Guide - A summary of the main ideas covered in Level 1	✗	✓	✓	✓	✓
Planning Tool - The Big Finish™: Learn how to build confidence and be your best every day	✗	✓	✓	✓	✓
<b>Level 2 - Build Better Habits: Improve your performance every week</b>					
Animation - Learn how habits work	✗	✓	✓	✓	✓
Interactive Lesson 1 - Learn how to build new habits	✗	✗	✓	✓	✓
Interactive Lesson 2 - Learn about Planning habits and Action habits	✗	✗	✓	✓	✓
Audio Guide - A summary of the main ideas covered in Level 2	✗	✓	✓	✓	✓
Planning Tool - The Weekly Reflection Plan™: Learn how to reflect on your week to build better habits	✗	✗	✓	✓	✓
Section 1 Summary - A summary of the main ideas covered in Section 1	✗	✗	✓	✓	✓

Beginner Foundation Enhanced Premium Exclusive

<b>Section 2 - How to Boost Motivation and Personal Drive</b>					
<b>Level 3 - Motivation H.A.C.®: Create your F.A.M.® Story to boost your motivation &amp; personal drive</b>					
Animation - Learn the importance of setting goals	✗	✓	✓	✓	✓
Interactive Lesson 1 - Learn how to motivate yourself	✗	✗	✓	✓	✓
Interactive Lesson 2 - Learn how to build your own F.A.M.® Story	✗	✗	✓	✓	✓
Audio Guide - A summary of the main ideas covered in Level 3	✗	✓	✓	✓	✓
<b>Level 4 - Focused Timeline™: Improve your organisation habits</b>					
Animation - Learn the importance of planning	✗	✓	✓	✓	✓
Interactive Lesson 1 - Learn why planning improves Will Power and makes personal progress easier	✗	✗	✓	✓	✓
Interactive Lesson 2 - Learn how to use the Focused Timeline™ to turn your F.A.M. Story Iceberg™ into a plan	✗	✗	✓	✓	✓
Audio Guide - A summary of the main ideas covered in Level 4	✗	✓	✓	✓	✓
Section 2 Summary - A summary of the main ideas covered in Section 2	✗	✗	✓	✓	✓

Beginner Foundation Enhanced Premium Exclusive

<b>Section 3 - Reduce Stress and Build Confidence</b>					
<b>Level 5 - H.A.C. Stress &amp; manage Confidence: Improve your confidence to successfully tackle challenges and setbacks</b>					
Animation - Learn about the different components of your confidence	✗	✓	✓	✓	✓
Interactive Lesson 1 - Learn why life can be stressful	✗	✗	✓	✓	✓
Interactive Lesson 2 - Learn how to begin improving your confidence by using the Confidence Profile	✗	✗	✓	✓	✓
Audio Guide - A summary of the main ideas covered in Level 5	✗	✓	✓	✓	✓
<b>Level 6 - Build and Maintain Confidence: Use confidence skills to enhance your happiness</b>					
Animation - Learn how to build your confidence	✗	✓	✓	✓	✓
Interactive Lesson 1 - Learn how to stabilise your confidence when life is difficult	✗	✗	✓	✓	✓
Interactive Lesson 2 - Learn how to use the K.O.S.Y.® Confidence Builder	✗	✗	✓	✓	✓
Audio Guide - A summary of the main ideas covered in Level 6	✗	✓	✓	✓	✓
Section 3 Summary - A summary of the main ideas covered in Section 3	✗	✗	✓	✓	✓

Beginner Foundation Enhanced Premium Exclusive

<b>Section 4 - Learn More in Less Time</b>					
<b>Level 7 - Productivity H.A.C.®: Create daily Will Power Stories to improve daily productivity</b>					
Animation - Learn how to create a Will Power Story to boost your productivity	✗	✓	✓	✓	✓
Interactive Lesson 1 - Learn the productivity secrets of successful people	✗	✗	✓	✓	✓
Interactive Lesson 2 - Learn how to be more productive	✗	✗	✓	✓	✓
Audio Guide - A summary of the main ideas covered in Level 7	✗	✓	✓	✓	✓
<b>Level 8 - Activation H.A.C.®: Build better focus and relaxation habits</b>					
Animation - Learn about the three key parts of concentration	✗	✓	✓	✓	✓
Interactive Lesson 1 - Understanding your ideal Activation Levels	✗	✗	✓	✓	✓
Interactive Lesson 2 - Learn how to H.A.C. Activation®	✗	✗	✓	✓	✓
Audio Guide - A summary of the main ideas covered in Level 8	✗	✓	✓	✓	✓
<b>Level 9 - Learning H.A.C.®: Build better learning habits</b>					
Animation - Learn how to improve your concentration and learning	✗	✓	✓	✓	✓
Interactive Lesson 1 - Learn how to optimise how you learn (part 1)	✗	✗	✓	✓	✓
Interactive Lesson 2 - Learn how to optimise how you learn (part 2)	✗	✗	✓	✓	✓
Audio Guide - A summary of the main ideas covered in Level 9	✗	✓	✓	✓	✓
Section 4 Summary - A summary of the main ideas covered in Section 4	✗	✗	✓	✓	✓

Beginner Foundation Enhanced Premium Exclusive

<b>Section 5 - Improve Exam Success</b>					
<b>Level 10 - Revision H.A.C.®: Build revision habits for improved exam performance</b>					
Animation - Learn how you can improve your revision	✗	✓	✓	✓	✓
Interactive Lesson 1 - Learn how to practice to perform in exams	✗	✗	✓	✓	✓
Interactive Lesson 2 - Learn how to use the Revision Confidence Builder™	✗	✗	✓	✓	✓
Audio Guide - A summary of the main ideas covered in Level 10	✗	✓	✓	✓	✓
<b>Level 11 - Exam H.A.C.®: Build better exam performance habits</b>					
Animation - Learn how to plan for exam success	✗	✓	✓	✓	✓
Interactive Lesson 1 - Learn how to build a physical and mental routine for exam success	✗	✗	✓	✓	✓
Interactive Lesson 2 - Learn how to use the Exam H.A.C. Plan™	✗	✗	✓	✓	✓
Audio Guide - A summary of the main ideas covered in Level 11	✗	✓	✓	✓	✓
Section 5 Summary - A summary of the main ideas covered in Section 5	✗	✗	✓	✓	✓