

# Module 0 – About This Course

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**[9 videos, 3 assignments]**

The About This Course videos contain important information to help you get the most out of this course. Please make sure you watch the videos in this module.

The information in this course is not a substitute for, nor does it replace, professional medical advice, diagnosis or treatment. We all have unique medical circumstances and health requirements. If you have any concerns or questions about your health or the content in this course, you should always consult with a physician or other healthcare professional.

The sole intent of this course is to educate and inspire a healthier lifestyle. By implementing any information in this course, you are releasing Jason Prall, Awakened Collective, and any distributors and partners from any liability whatsoever, and waive any and all-cause of action, related to claims, cost, injuries, losses or damages of any kind arising out of connection with the information obtained from this course

**Video 0.1 — Course Introduction**

**Video 0.2 — Building Health**

**Video 0.3 — Healing Is an Experiential Art**

**Video 0.4 — Products & Technology**

**Video 0.5 — Own Your Health**

**Video 0.6 — Subconscious Programs**

**Video 0.7 — Homework 1**

# Homework

## Estimated days to complete: 1-2 days

It is estimated that these assignments will take you 1 or 2 days to complete. However, you should move forward at your own pace. It is important that you complete each assignment before moving on to the next section.

### Assignment

- If you could have any outcome by the end of this course, what would it be? Connect to your heart and write down your heart and soul's deepest intention. To ensure greater success, refer back to this intention daily or find a place where you'll see it every day. Please connect to this intention throughout the course.

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## Video 0.8 — Homework 2

### Assignment

- What is your dream in this life? Why do you want to have optimal health? If you had an abundance of health, how would your life be different?

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## Video 0.9 — Homework 3

### Assignment

- Sign this contract of commitment to yourself.

Dated on this day \_\_\_\_\_, 20\_\_\_\_, I \_\_\_\_\_ commit wholeheartedly to the process of healing to the best of my ability. No matter how busy life seems or how distracted I may get, I vow to reconnect with the decision to put my health first, because I know that I must have sufficient health in order to fully express my unique gifts and support others. I recognize the sacred value of my life. And because I deserve it, I humbly and graciously accept the infinite love and support that already exists within me.

Signature\_\_\_\_\_