

# HOW TO TAKE THIS COURSE

*A Guide for Individuals and Couples*

*This course was built to produce real change — not just good information. To get the most out of it, follow the structure below. Whether you are taking this course alone or with your wife, every module is designed to move you from knowledge to conviction to action.*

## COURSE STRUCTURE

Each of the seven modules follows the same format:

- Watch or read the module content in full before doing anything else.
- Complete the companion worksheet (Tool) for that module before moving forward.
- Review the scripture references and write your personal response.
- Complete the couples alignment section with your wife — or reflect individually.
- Commit to the 30-day action plan before advancing to the next module.

**Do not rush. One module per week gives you time to live what you are learning before you learn the next thing. Seven weeks. Seven shifts. One transformed leader.**

## ■ FOR INDIVIDUALS

If you are taking this course on your own, here is how to make it count:

- Complete the Pre-Course Assessment before you open Module 1. Your honest score is your baseline — protect it.
- Answer every question in every worksheet in writing — not in your head. What stays unwritten stays unchanged.
- Find one accountability partner — a brother, a pastor, a trusted man — and share your module commitments with him weekly.
- Use the scripture response sections as your personal devotion for that week. Let the Word do the heavy work.
- Complete the Post-Course Assessment after Module 7 and compare your scores. Growth you can measure is growth that motivates.

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## ■ FOR COUPLES

This course is written to the husband — but your wife's participation will accelerate everything. Here is the recommended couples approach:

- The husband completes each module and worksheet first — independently. Do not shortcut this. She needs to see you doing the work before you invite her into it.
- After completing the worksheet, invite your wife to complete the Couples Alignment Check together. No defensiveness. No debate. Just honest conversation.
- Read your 30-day action plan commitments aloud to your wife. Ask her to hold you to them. That act of vulnerability alone will shift the atmosphere of your marriage.
- Let your wife ask questions — about the content, about your answers, about your leadership. Her questions are not a threat. They are a gift.
- Complete the Post-Course Assessment individually, then share and compare your scores together. Celebrate the growth. Be honest about the gaps.

## RECOMMENDED WEEKLY RHYTHM

Follow this rhythm for each of the seven modules:

- Day 1** Read or watch the module. Take notes on what challenges you most.
- Day 2** Complete the worksheet — Parts 1 through 4 — in writing, alone.
- Day 3** Complete the Scripture Response section as your personal devotion.
- Day 4** Complete the Couples Alignment Check with your wife.
- Day 5** Write your 30-Day Action Plan commitments and share them aloud.
- Days 6–7** Live it. Act on your commitments before next week begins.

## WHAT TO BRING TO EVERY MODULE

- A pen — every answer written by hand is a commitment made with weight.
- Honesty — the worksheets only work if you tell the truth.
- Humility — the man who finishes this course will not look like the man who started it.

## A WORD BEFORE YOU BEGIN

*Your family does not need you to be perfect. They need you to be present, intentional, and moving. This course will challenge you. Let it. The man who finishes Module 7 and does the work will not be the same man who opened Module 1. That is the point.*

**Now open Module 1. Your family is waiting.**