

NEW MEMBER

CHECKLIST

Hello and welcome to Be Bold! I'm so thrilled to have you here. The following steps will help get you up and running in the program. They are not requirements but I highly recommend you complete them to really teach yourself how to utilize all the tools available here. Do not think you have to complete all of these steps in a hurry. Depending on how much time you have to work with, you might do the first 2 steps your first week, then go on to steps 3 and 4 your second week, and then go on to steps 3 and 4 your second week and so forth.

- *jody moore*

STEP 1 Watch the welcome video on the home page of Be Bold and the orientation videos located just below the welcome video. Watch all of them. Don't skip this step! I'm watching you.

STEP 2 Go to the content page and watch the 4 foundational videos located on the top of the page. Take your time and watch or listen to them as you get ready in the morning, go on a walk, drive kids around town, fold laundry or whatever else you spend your time doing. Practice fitting this into your routine instead of adding one more thing to your to-do list.

STEP 3 Subscribe to the members only podcast. This will allow you to have call replays automatically download into your podcast feed so you can listen more conveniently. **[CLICK HERE](#)** for instructions.

STEP 4 Go to the content page and watch the video for the current month's topic. It will be the first call published that month at the bottom of the current month's content box. Print the worksheets (located below the video/audio posting) and try to do them after watching the video. If you want more on the topic, there is a Q & A call you can watch of as well.

STEP 5 Get a journal that you can use to write in. Begin noticing your thoughts. Try putting some of your experiences into a model and see if you can do it. Bring your questions to a live call or to the Ask a Coach Page. The better you get at watching your thoughts and running models the more amazing you will feel and your life will change drastically as a result. This work does not require a lot of your time, it simply requires that you are introspective and open. Be curious about what you observe in yourself. Do not judge yourself or criticize yourself. Remember you have a valid reason for all of it. Let's just understand it.

STEP 6 Feel free to sign up to be coached (link on the call schedule page) or mark your calendar for any live calls you want to attend. If you can't attend live that's fine because you'll always have replays available. My coaches and I are here to guide you so don't hesitate to bring us your questions. If you want more privacy or hand-holding check out the "private coaching" option on the home page of Be Bold.

STEP 7 Make your personal development a priority. Once you get in the habit of listening to calls (I recommend one per week. If you're not sure which ones, start with Live Coaching or Open Coaching Calls) and doing some reflection on your thoughts, you will find that you'll start viewing things differently. I recommend you stay at least one full year in this program for optimum results. Many members of this community have been here over 3 years and are still progressing.

STEP 8 Look at yourself in the mirror and say, "Thanks self. Thanks for taking care of us like this. We're worth it and I can't wait to see what you're going to do this year." Bonus points if you also wink at yourself. Do this often.

- **Have a coaching question? Bring it to a live call or to the [Ask a Coach Page](#)**
- **Have a logistical question? Email us at support@jodymoore.com**