

Welcome to Mindtamer!

You have entered into a world that has been set up to do one thing and one thing only--- Change You

Change happens. If you decide to make it happen. If you are one who simply waits around and let's change happen to you rather than making it happen this isn't going to be the place for you as you will quickly find out.

But if you are ready to take your life and take ultimate control of it then the Principal Modules will help you to create circumstances rather than circumstances being created for you.

The Principal Modules will guide you through a minimum of 12 modules. Each module will be 30 days long. However if it takes you longer than 30 days that is perfectly fine as well. This is a self-paced program. Some things will be easy for you, some will be harder. As long as you accept the fact that this is so, then you are already on your way to becoming an Improvement Warrior.

Take this program one day at a time. In each module there will be several lessons. At the beginning of each module you are to download the Module Introduction PDF. This PDF will be your lesson plan. Don't try and jump ahead of the lessons. Follow the lesson plans as closely as you can.

Each lesson will have several ways that you can learn—Video, Audio, and written. Different people learn different ways, but please try and consume all of the different ways if possible.

You must commit to implementing your training. Set a schedule, use the goal sheets provided in module 1 to stick to a schedule. The path of procrastination is not the one that leads to change.

At times you may get overwhelmed. That is to be expected. You may feel like you reached a point that you can't get past. Do not worry; others have been and felt the exact same as you. Even myself felt that way. Changing for the better is an ongoing process. You must commit to change.

When you log into the Mindtamer site you will have immediate access to Principal Module #1- A Fresh Start. Download the introduction guide and

start going through the lesson plan. New modules will open up for you every 31 days. Everybody gets a 14-day trial for \$1 to go through everything and make sure this is the right fit for them NOW. If it is not, that is ok. Again you must be ready to change. Motivation must come from within. If it is external it will burn for a while but will most likely fickle out. If it is not for you NOW you may cancel at any time during your 14-day trial. You are always welcome to come back and try again at any time in the future.

If you stay on past your trial, we expect great changes and things from you.

I highly encourage you to become an active member in our Mindtamer community. Either on the Facebook Group or the Forum. The community is a very powerful way to learn and encourage others. People will be going through the Modules and Lessons just like you. Ask questions, answer questions, post motivating pictures, articles, videos, etc.... Post your progress. As you progress through the Modules new beginners will just be starting—pay it forward and offer your advice.

You have selected me as you teacher or guide. Take nothing you learn as 100%. Everybody is different and everybody learns differently. The meanings to me will be different for you.

Find your meaning, find your inner warrior.

***You are the Improvement Warrior.***

***Stay Strong, Stay Positive!***

***Jason Yun***