

## **BAD CHECK COURSE OVERVIEW**

### **COURSE OBJECTIVES**

That writing bad checks is just a symptom of deeper causes. The objective of this course is to challenge the faulty thinking errors behind passing bad checks.

#### **Week 1: *BAD CHECKS***

- Mistakes vs Choices
- Wants and Needs

#### **Week 2: *CRIME AND LAWS***

- The Cost Of Crime
- Retail Shrinkage
- Offenders
- Role Playing
- Society's Laws
- Universal Laws
- Courts and Law Enforcement
- Future
- Life Is A Mirror

#### **Week 3: *VALUES AND BEHAVIOR***

- Values, Attitudes and Behavior
- Subconscious Habits and Programming
- Right vs Wrong
- Determining Right From Wrong
- Consequences
- Life
- Options

#### **Week 4: *DEBT***

- Stepping Down
- Agree to Budget



- The Big Four- Subconscious Programming, Confusing Wants with Needs, Addictions, Overuse of Credit
- 

#### Week 5: *MONEY MANAGEMENT*

- Managing Your Money
- Checks and Balances

#### Week 6: *SKILLS FOR LIFE*

- Increase Happiness In Your Life
- Reduce Anger In Your Life
- Take Action
- Change Your Attitude
- Focus On Your Good Points
- Be Grateful For What You Have and Quit Complaining About What You Don't Have
- Avoid The Swamp Of Despair
- Put More Humor and Laughter In Your Life
- Look At The Big Picture Of Your Life
- Put Power Into Your Life

#### Week 7: *COGNITIVE SKILLS*

- Understanding Thoughts
- Growth vs Decay
- Living and Thinking In The Present
- Living Outside The Box
- Self-Deception
- Validation
- Positive Affirmations
- Stand Up To Life

#### Week 8: *CLOSURE* - There are no short cuts; it all starts with self-awareness.

- Steps To Change
- Nourish Your Responsive Self and Develop a Healthy Way Of Being