

Managing Attention — A Superpower for Life

Online Course Access Instructions

Enrollment

1. Access the Course Enrollment page: https://bit.ly/managing_attention_registration
 - a. Enter your email address and password.
 - b. Enter payment (and/or coupon) info.
2. You'll be taken to a screen with the headline, "You're Almost Done." Click on either of the "Next Steps" links on that page.

Activation

3. You'll be taken to our course delivery system where you'll see that you've already paid.
 - a. Enter your email address and name. "Complete Purchase."
 - b. Enter password.

You'll have access to the course for six months.

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Post-Activation Access

Option 1 – Keep the course browser tab open.

Option 2 – Click on the "Login" option on the top menu of coachyourselfup.com.

If you have any issues or questions, send an email to help@coachyourselfup.com.