



**SUPERHUMAN  
ACADEMY**

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**Creating A Meaningful Life**  
And Developing Habits of Happiness

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A colorful illustration featuring a woman with long dark hair, wearing a pink long-sleeved top and grey trousers, standing in a doorway. She is smiling and gesturing towards the viewer. The doorway is set against a blue background with a yellow sun. Surrounding the doorway are several large, curved arrows in shades of pink, green, and orange, some with a dotted pattern. The overall scene suggests a path or journey towards a goal.

**Course Syllabus**

Updated January 2021

## Section 1: Introduction to Creating a Meaningful Life

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- Lecture 1 - Introduction to This Course
  - [The Official Creating a Meaningful Life Facebook Group](#) - Join NOW!
- Lecture 2 - Download the Course Syllabus (This document)
- Lecture 3 - Creating vs. Waiting for Your Meaningful Life
  - Recommended Reading:
    - [Lao Tzu - Tao Te Ching](#)
    - [Tim Ferriss - The Four Hour Work Week](#)

Quiz 1: Are we ready to learn together?

## Section 2: Setting the Foundation for a Happy & Meaningful Life

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- Lecture 4 - The Research on Quality of Life and Happiness
  - Recommended Resources:
    - [Martin Seligman - Authentic Happiness](#)
    - [Martin Seligman TED Talk](#)
    - [Frederic Luskin - Forgive for Good](#)
    - [Frederic Luskin - Stress Free for Good](#)
  
- Lecture 5 - Happiness is Your Choice
  - Recommended Resources:
    - [Thich Nhat Hanh - Peace is Every Step](#)
    - [Amos Tversky and Daniel Kahneman - "framing effect" or "cognitive reframing"](#)
  
- Lecture 6 - How to Use Worksheets & The Happiness Habits Worksheet
  - Homework: Complete the [Happiness Habits Worksheet](#)
  
- Lecture 7 - In Search of Meaning
  - Recommended Resources:
    - [Viktor Frankl - Man's Search For Meaning](#)
  
- Lecture 8 - Mindfulness, Acceptance, & The Power of Now
  - Recommended Resources:
    - [Eckhart Tolle - The Power of Now](#)
    - [Eckhart Tolle - A New Earth](#)
  
- Lecture 9 - What will bring YOU happiness & meaning?

Quiz 2: Do we understand the pursuit of happiness?

## Section 3: Discovering Wellness & Balance

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- Lecture 10 - The Importance of Wellness and Balance
  - Recommended Resources:
    - [Geneen Roth - Women, Food, and God](#)
- Lecture 11 - Introducing the Wheel of Life
- Lecture 12 - The Wheel of Life Worksheet Explained
  - Homework: Complete the [Wheel of Life Worksheet](#)
- Lecture 13 - How to Make Your Wheel Roll Smoothly
- Lecture 14 - What I Know About Myself Worksheet Explained
  - Homework: Complete the [What I Know About Myself Worksheet](#)
- Lecture 15 - The Power of Passion
  - Recommended Resources
    - [“Flow” by Mihaly Csikszentmihalyi | Wikipedia](#)
- Lecture 16 - Finding Your Passions Worksheet Explained
  - Homework: Complete the [Finding Your Passions Worksheet](#)

Quiz 3: What have we learned about passion & balance?

## Section 4: Changing obstacles into opportunities

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- Lecture 17 - Newton's Laws & Why ALL Action Creates Progress
  - Recommended Resources
    - [Newton's Laws of Motion | Wikipedia](#)
  
- Lecture 18 - Overcoming Common Obstacles & Fears
  
- Lecture 19 - Negative Beliefs and the Power of Reframing
  - Recommended Resources:
    - [Daniel Kahneman - \*Thinking Fast & Slow\*](#)

Quiz 4: How will you deal with obstacles & uncertainty?

## Section 5: New Life, New You

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- Lecture 20 - The Critical Importance of Having a Mission, Goals & Defined Values
- Lecture 21 - Creating Your Core Values
  - Homework: Create your core values on a blank piece of paper
  - Recommended Resources:
    - [Tony Hsieh - \*Delivering Happiness\*](#)
- Lecture 22 - Your Mission & Who You Want To Be
  - Homework: Complete the [Establish Your Mission Worksheet](#)
  - Recommended Resources:
    - [Jonathan's Interview with Hal Elrod](#)
    - [Hal Elrod: \*The Miracle Morning\*](#)
    - [Hal Elrod: \*Taking Life Head On\*](#)
- Lecture 23 - The Right & Wrong Way to Set Goals
  - Recommended Resources:
    - [SMART Criteria | Wikipedia](#)
- Lecture 24 - Which Goals Should I Set?
- Lecture 25 - Timelines & Setting Long Term Goals
  - Recommended Resources:
    - Ryan Allis - [Lessons From My 20's](#)
- Lecture 26 - The Role of Bucket Lists

- Lecture 27 - SMART Goals Worksheet
  - Homework: Complete the [SMART Goals Worksheet](#)
  
- Lecture 28 - Don't Just Think It, Ink It!
  - Recommended Resources:
    - [Rhonda Byrne - \*The Secret\*](#)

Quiz 5: Do you understand the formula that will get you there?

## Section 6: Tools for Making Progress

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- Lecture 29 - Life Dashboards & Vision Boards
  - Homework: Create Your Own Life Dashboard or Vision Board
- Lecture 30 - Help from Technology
  - Recommended Resources:
    - [Evernote](#) <= Get 1 Free Month of Premium!
- Lecture 31 - Mentors & Role Models
  - Recommended Resources:
    - [Jonathan's Interview with Gretchen Rubin](#)
    - [Gretchen Rubin - The Happiness Project](#)
- Lecture 32 - Nurturing Voices & Environments
- Lecture 33 - Professional & Peer Coaching
- Lecture 34 - The Tremendous Fulfillment of Giving Back
- Lecture 35 - Lifelong Learning
  - Recommended Resources:
    - [Get a Free Audibook on Audible](#)

Quiz 6: How well do you understand the tools for progress?

## Section 7: What's Next, Congratulations, & Conclusions

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- Lecture 36 - What's Next? Creating It On Your Own!
- Lecture 37 - Bonus Lecture: Private Coaching with Linda
  - Recommended Resources:
    - [Linda's Website](#)
    - [Email Linda](#)

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