

LIFE IMPROVEMENT COURSE

STUDENT _____ Date started _____

Reference book for the course: "[Fundamentals of Thought](#)"

Note: It has been proven that the main reason a person leaves studying something he/she once found interesting is continuing to study AFTER going past a misunderstood word. This is tricky because the word "misunderstood" means incorrectly understood. That is to say, the person "thinks" he/she understands it - but actually doesn't. What happens after one goes past a misunderstood word is that one gets edgy, nervous, tired and eventually does not want to continue.

Therefore: we ask you to look up in a dictionary any words you do not fully understand. IN ADDITION if you find yourself gettin tired or "needing" a break or not understanding what you are reading - CALL YOUR SUPERVISOR.

1. Look up in the Technical Dictionary the word "Scientology". _____
2. Look up in the regular dictionary the words:
 - a. Basic _____
 - b. Principle _____make sure you understand these words
3. Read Chapter 2 in Fundamentals of Thought taking care to look up your words _____
4. Write up 5 cylces of action you have completed and hand in to your supervisor _____
5.
 - a. Write up 5 cycles of action you have not completed. _____
 - b. See if you can remember creating 2 cycles of action that are not complete - write up what you found _____
 - c. See if you can spot the original postulate on one of the cycles of action in b. above - write up your findings. _____

III.

1. Look up the definition of the word "condition" _____
 2. Read Chapter 3 taking care not to go past any word
- life improvement checksheet - F 1

you don't understand

3. Grant another Beingness (be honest about it)
Tell them they are a good (father)(mother)(teacher)
(friend) etc.

- a. Write up how you felt about doing that and what
happened to the other person as a result.

4. Write up some valences you have seen people in

IV.

1. Look up the definition of the word "Dynamic"
2. Read Chapter 4
3. Write up an example of each Dynamic

V.

1. Read Chapter 5
2. Write up an example of low ARC you have seen
3. Write up an example of High ARC you have seen

VI.

1. Look up the definition of the word "Purpose" in the
Technical Dictionary
2. Read Chapter 6
3. Write up some problems you have encountered and see
if you can identify the purpose and the counter purpose
involved.

VII.

1. Read Chapter 7
2. Give 3 examples in your own experience of
 - a. Analytical conclusions

- b. Reactivity in people _____
- 3. Give an example each of a person you know who has difficulty
 - 1. Starting things _____
 - 2. Changing things _____
 - 3. Stopping things _____

VIII.

- 1. Look up the definitions in the dictionary of
 - a. Causation _____
 - b. Knowledge _____
 - c. Science _____
 - d. Axiom _____
- 2. Read Chapter 8 _____
- 3. Write up any changes this chapter has made in your view of your life _____

IX.

- 1. Look up in a dictionary
 - a. Know _____
 - b. Not _____
- 2. Read Chapter 9 _____

X.

- 1. Read Chapter 10 _____

SKIP CHAPTER 11

XI.

- 1. Look up the word aberrative (tech. dictionary) _____
- 1a. Look up the work dichotomy _____
- 2. Read Chapter 12 _____

3. Write up a game you are winning at

4. Write up a game you see as having barriers you
feel auditing could help with

XI FROM STUDYING THIS BOOK WRITE UP ANY CHANGES
DECISIONS, CONCLUSIONS AND WINS YOU HAVE
EXPERIENCED AND HAND IN TO YOUR SUPERVISOR

**END OF CHECKSHEET
CONGRATULATIONS**

(You are invited to read the rest of the book)