

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

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 word 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)