



Worry Dolls Play Time: ASSIGNMENT OVERVIEW CHECKLIST

Use this checklist to keep yourself motivated and on track.

Thank you for enrolling in Worry Dolls Play Time!

Trust me when I say that I want nothing more than to see you *having fun with your creative side*.

But I also know firsthand that *life* gets in the way.

So this is what I want YOU to know:

Most of your resistance lives *at the beginning of a task*. But once you start, your momentum does the rest.

And this is why I've set you up with TINY TASKS.

Yep, your whole course has been divided into TINY TASKS that you can finish in **10-15 minutes**.

When you shrink the task, you lower your resistance to start.

Trying to get a lot done in the perfect circumstances (time, space, materials) is bound to fail. But doing TINY TASKS helps you stay consistent. And because you can stay consistent, you actually *finish faster*.

And the fact that you can **see your progress** as you check your TINY TASKS off the list is golden. It's what fuels your *motivation*. Yay!





Let's make stuff, learn stuff, and get our butts unstuck!

But first:

- **TINY TASK:** Receive your *confirmation email* and finish setting up your **student account**
Follow the link provided in the email and then set your password to create your student account.
- **TINY TASK:** Receive your *welcome email* and download your **course checklist**
Follow the link provided in the email and then download and print your Assignment Overview Checklist.
(If you're holding this checklist in your hands, then **CHECK** this baby off.)

Now go inside your course:

- **TINY TASK:** Watch the following **WELCOME** videos
WELCOME, Part 1. Introduction
WELCOME, Part 2. Why Learn With Alex?
WELCOME, Part 3. What You'll Learn
- **TINY TASK:** Watch the following **WELCOME** videos and do the quick survey
WELCOME, Part 4. How This Course Works
WELCOME, Part 5. Before we begin... (3-question survey)
- **TINY TASK:** Go to **PREP STEP** and gather your materials
PREP STEP, Part 1. Your Tools For Play Time
- **TINY TASK:** Go to **PREP STEP** and download your course documents
PREP STEP, Part 2. Download All Your Printables
 - *Assignment Overview Checklist*
 - *All My Printables*
 - *Template and All Coloring Pages*
 - *Go Ahead Coloring Book*
- **TINY TASK:** Fill out the course prep worksheets
(You'll find them included in the PDF *All My Printables* in PREP STEP, Part 2.)
 - *I Promise*
 - *Course Success Plan*
- **TINY TASK:** Review the course project templates and coloring pages
(If ya haven't already, you can download it in PREP STEP, Part 2.)
 - *Template and All Coloring Pages*





- **TINY TASK: Read the Play Time OVERVIEW and watch STEP 1 video**
MODULE 1, OVERVIEW: Play Time
MODULE 1, STEP 1. Get your stuff together
- **TINY TASK: Watch STEP 2 video**
MODULE 1, STEP 2. Make your worry envelopes
- **TINY TASK: Watch STEP 3 video**
MODULE 1, STEP 3. Write your worry notes
- **TINY TASK: Watch STEP 4 video**
MODULE 1, STEP 4. Write your worry notes - for KIDS
- **TINY TASK: Watch STEP 5 video**
MODULE 1, STEP 5. Make a worry doll chain
- **TINY TASK: Watch STEP 6 video**
MODULE 1, STEP 6. Color your envelopes
- **TINY TASK: Watch STEP 7 video**
MODULE 1, STEP 7. Color your worry doll chain
- **TINY TASK: Watch STEP 8 video**
MODULE 1, STEP 8. Color your coloring pages
- **TINY TASK: Watch BREAK video and read the Inner Shift OVERVIEW**
MODULE 1, BREAK: Your Pink Fairy Moment
MODULE 2, OVERVIEW: Inner Shift
- **TINY TASK: Listen to AUDIO 1**
MODULE 2, AUDIO 1: Just Ducky
- **TINY TASK: Listen to AUDIO 2**
MODULE 2, AUDIO 2: Letting Go
- **TINY TASK: Read the picture book**
MODULE 2, READING: Go Ahead, Be A Monster, But Don't Forget To Smile





- **TINY TASK: Read the Extra Activity OVERVIEW and do the worksheet**
MODULE 3, OVERVIEW: Extra Activity
MODULE 3, WORKSHEET PREVIEW: Change The Worry Channel
- **TINY TASK: Play with coloring the Extra Activity eBook**
MODULE 3, COLORING BOOK PREVIEW: Go Ahead Coloring Book
- **TINY TASK: Read the Your Bonus Worksheets OVERVIEW and do the BONUS 1 worksheet**
MODULE 4, OVERVIEW: Your Bonus Worksheets
MODULE 4, BONUS 1 PREVIEW: Gratitude Attitude
- **TINY TASK: Do the BONUS 2 worksheet**
MODULE 4, BONUS 2 PREVIEW: Clutter Be Gone
- **TINY TASK: Do the BONUS 3 worksheet**
MODULE 4, BONUS 3 PREVIEW: About Affirmations
- **TINY TASK: Watch the RECAP video, read the TIPS, and do the quick survey**
RECAP, Part 1. Congrats!
RECAP, Part 2. Tips
RECAP, Part 3. Get on my mailing list
RECAP, Part 4. Before you go... (7-question survey)

