

# **Mental Fitness Challenge**

**COURSE INSTRUCTIONS:** The information in this notebook is essential to your success in this course! *READ IT CAREFULLY!*

# Mental Fitness Challenge

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## Description

It has been said that everyone wants to change the world but few feel the need to change themselves. Even a basic study of history, however, demonstrates that those who first focus upon self-improvement usually end up doing the most good in the world. Why should this be so? It may stem from the fact that excellence doesn't occur by accident, but rather from intentional effort correctly applied over time. Subsequently, the example of excellence increases the ability of the bearer to influence others. The much touted "ripple effect" then takes hold; change resonating outward in ever widening circles from the genesis of a lone individual who cared to change his or her own life first.

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## Course Requirements:

This is a 90-day mental fitness challenge – to follow a prescribed set of daily activities for 90 days in order to create good habits for personal long term growth which will positively affect culture.

1. Set a goal for your life (minor goal that can be accomplished in 90 days) and write it on your Goal and Daily Task Check Sheet.
2. Read at least 15 minutes per day (every day) in the prescribed course books.
3. Listen to 2 CDs per day from the prescribed CDs. If that is the only set of CDs available to you, you will listen to each one 10-11 times. Other CDs are available (@ additional cost). You may also substitute other CDs from time to time by checking their applicability with your Instructor at rick@cluonline.com. However, the 16 course CDs should be listened to at least 3-4 times each.
4. Watch the short 8-12 minute video clips as they become available on your MFC login site.
5. Grade your daily performance on a scale 1-10 on the Goal and Daily Task Check Sheet.
6. Report your completion of each day's tasks on the MFC website. An email will be forwarded to your Instructor at rick@cluonline.com (Add Rick as an accountability partner at the above email address.)

The course is divided into 3 sections:

- Lessons 1-5: Private Achievements (Resolutions 1-4)
- Lessons 5-8: Public Achievements (Resolutions 5-8)
- Lessons 9-13: Leadership Achievements (Resolutions 9-13)

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## The course consists of:

### 3 Books:

1. Resolved: 13 Resolutions for Life
2. RASCAL: Making a Difference by Becoming an Original Character
3. Launching a Leadership Revolution: Mastering the Five Levels of Influence

### 16 CDs:

The CDs are in 3 modules – 8 in Module 1 and 4 each in Modules 2 and 3. Other CDs on the topics are available through CLU by contacting your Instructor at rick@cluonline.com.

### 17 Video Clips (8-12 minutes each):

They will arrive at the appropriate times on your MFC site.

You may watch them as many times as you desire during the course.

### Self-Assessment Test:

This is an online self-assessment regarding the 13 resolutions. This assessment is to be taken twice – before and at the end of the course.

### 3600 Feedback:

You may ask as many others as you desire to complete the test on your behalf to receive feedback and uncover your potential blind spots. You may also challenge others to participate in the 90-day Mental Fitness Challenge with you. If you have 3 friends also enroll in the Challenge (3-for-free), your material costs (\$220) will be refunded to you.

### Accountability Partners:

You may ask several people to hold you accountable during the Challenge. For purposes of your course evaluation, one of your Accountability Partners must be your Instructor at rick@cluonline.com.

At the completion of each of the 3 segments (Private Achievements, Public Achievements and Leadership Achievements) of readings, videos and CDs, write a 2 to 3 page paper outlining your growth in the area. Be specific, citing examples and relevant Scriptures in your papers. Scan and email your Goal and Daily Task Check Sheet and your papers to your Instructor at rick@cluonline.com. The papers should be sent after each 30 day segment. Your pre-course assessment and post-course assessment graphs also need to be scanned and emailed to your Instructor at rick@cluonline.com.

### CREDITS: 4

#### COST of COURSE:

- Tuition: \$100
- Materials (MFC): \$220 plus tax and shipping (billed separately on your credit card)

For more information on the course itself, the 3-for-free program or the potential for income generation, contact your Instructor at rick@cluonline.com.

## Standards for Grading Assignments

As indicated below, “C” or 2.0 level work is considered average. **Leaders are not average people.** You are therefore expected (required) to put forth the effort necessary to demonstrate at least “B” (3.0) level work or higher on all assignments which you submit. Any which do not will be returned to you with input from your instructor on how you can raise your grade to the expected level. **A course grade will not be given until your assignments demonstrate that you have understood the material presented in the course and allowed your life to be transformed by the Spirit and the Word studied** — the requirements for attaining a “B”.

Your individual assignments (notebooks, tests, reports) will be graded according to the following standards. These grades will be averaged together to determine your course grade. Remember, we are training leaders and leaders are above-average people. Your work will reflect that.

- “D”
  - Indicates barely passing work that is inferior to the average both in quantity and in quality.
  - Manifests a lack of initiative or sense of responsibility or both.
- “C”
  - Average work; either steady work of an acceptable quality, or work of a high quality which is uneven, irregular or fragmentary.
  - May be mechanically or outwardly correct but shows little reflection upon or personal assimilation of the material.
- “B”
  - Intelligently has fulfilled the requirements of this course.
  - Understands the subject matter presented and has applied it to his life in a limited manner but has not really made the truths his own.
- “A”
  - Grasped the material with thoroughness, industry and correctness of detail.
  - Made the material his own by thinking about it and integrating it, using originality, natural ability, and insight.

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## LEA 401 - Mental Fitness Challenge

# Course Schedule

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### Lesson 1

**Assignment to be completed:**

Watch the videos “Welcome to the Mental Fitness Challenge”, “Introduction to the Mental Fitness Challenge”, “Introduction: Resolved – 13 Resolutions for Life” and “Resolution #1 – Purpose”.

Carefully read the INTRODUCTION and CHAPTER 1: Purpose in the book, RESOLVED: 13 Resolutions for Life.

Listen to 2 CDs from Module 1 each day.

Memorize Romans 12:2 and Exodus 9:16.

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### Lesson 2

**Assignment to be completed:**

Watch the video “Resolution #2 – Character”.

Carefully read CHAPTER 2: Character in the book, RESOLVED: 13 Resolutions for Life and the INTRODUCTION and CHAPTER 1: The Type in the book, RASCAL.

Listen to 2 CDs from Module 1 each day.

Memorize Romans 5:1-4.

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### Lesson 3

**Assignment to be completed:**

Watch the video “Resolution #3 – Attitude”.

Carefully read CHAPTER 3: Attitude in the book, RESOLVED: 13 Resolutions for Life and CHAPTER 2: The Strengths and CHAPTER 3: The Nemesis in the book, RASCAL.

Listen to 2 CDs from Module 1 each day.

Memorize Philippians 4:8.

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### Lesson 4

**Assignment to be completed:**

Watch the video “Resolution #4 – Vision”.

Carefully read CHAPTER 4: Programming the Elephant in the book, RESOLVED: 13 Resolutions for Life and CHAPTER 4: The Battle and CHAPTER 5: The Cause in the book, RASCAL.

Listen to 2 CDs from Module 1 each day.

Memorize one of Proverbs 23:7a or Proverbs 29:18.

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### Lesson 5

**Assignment to be completed:**

Watch the video “Resolution #5 – Plan and Do”.

Carefully read CHAPTER 5: Game Plan and Do in the book, RESOLVED: 13 Resolutions for Life and CHAPTER 6: The Test and CHAPTER 7: The Manifesto in the book, RASCAL.

Listen to 2 CDs from Module 2 each day.

Memorize Proverbs 15:22 and Proverbs 16:9.

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### Lesson 6

**Assignment to be completed:**

Watch the video “Resolution #6 – Scoreboard”.

Carefully read CHAPTER 6: Keeping Score in the book, RESOLVED: 13 Resolutions for Life and the INTRODUCTION and CHAPTER 1: What a Leader Is in the book, Launching a Leadership Revolution.

Listen to 2 CDs from Module 2 each day.

Memorize Matthew 18:23-27.

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## Lesson 7

### Assignment to be completed:

Watch the video “Resolution #7 – Friendship”.

Carefully read CHAPTER 7: Friendship in the book, RESOLVED: 13 Resolutions for Life and CHAPTER 2: What a Leader Brings and CHAPTER 3: What a Leader Does in the book, Launching a Leadership Revolution.

Listen to 2 CDs from Module 2 each day.

Memorize one of Proverbs 17:17, Proverbs 18:24, Proverbs 27:17 or John 15:13-15.

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## Lesson 8

### Assignment to be completed:

Watch the video “Resolution #8 – Finance”.

Carefully read CHAPTER 8: Financial Management in the book, RESOLVED: 13 Resolutions for Life and CHAPTER 4: How a Leader Grows Personally in the book, Launching a Leadership Revolution.

Listen to 2 CDs from Module 2 each day.

Memorize two of Deuteronomy 8:18, Luke 16:10 or 1 Corinthians 4:2.

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## Lesson 9

### Assignment to be completed:

Watch the video “Resolution #9 – Leadership”.

Carefully read CHAPTER 9: Leadership Resolution in the book, RESOLVED: 13 Resolutions for Life and CHAPTER 5: How a Leader Grows in Influence and CHAPTER 6: The First Level of Influence: Learning in the book, Launching a Leadership Revolution.

Listen to 2 CDs from Module 3 each day.

Memorize one of Deuteronomy 1:15, Isaiah 55:4 or Luke 22:27.

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## Lesson 10

### Assignment to be completed:

Watch the video “Resolution #10 – Conflict Resolution”.

Carefully read CHAPTER 10: Conflict Resolution in the book, RESOLVED: 13 Resolutions for Life and CHAPTER

7: The Second Level of Influence: Performing in the book, Launching a Leadership Revolution.

Listen to 2 CDs from Module 3 each day.

Memorize Acts 24:16 or Titus 3:9.

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## Lesson 11

### Assignment to be completed:

Watch the video “Resolution #11 – Systems Thinking”.

Carefully read CHAPTER 11: Systems Thinking in the book, RESOLVED: 13 Resolutions for Life and CHAPTER 8: The Third Level of Influence: Leading in the book, Launching a Leadership Revolution.

Listen to 2 CDs from Module 3 each day.

Memorize Proverbs 16:16.

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## Lesson 12

### Assignment to be completed:

Watch the video “Resolution #12 – Adversity Quotient”.

Carefully read CHAPTER 11: Adversity Quotient in the book, RESOLVED: 13 Resolutions for Life and CHAPTER 9: The Fourth Level of Influence: Developing Leaders in the book, Launching a Leadership Revolution.

Listen to 2 CDs from Module 3 each day.

Memorize Psalm 10:6, Philippians 4:11 or Hebrews 13:5.

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## Lesson 12

### Assignment to be completed:

Watch the videos “Resolution #13 – Legacy” and “MFC Conclusion”.

Carefully read CHAPTER 11: Legacy in the book, RESOLVED: 13 Resolutions for Life and CHAPTER 10: The Fourth Level of Influence: Developing Leaders Who Develop Leaders in the book, Launching a Leadership Revolution.

Listen to 2 CDs from Module 3 each day.

Memorize one of Deuteronomy 7:9 or Proverbs 13:22.