



Course Syllabus and Overview

Congratulations on making a courageous first step towards a soul-strengthening, life-changing encounter with God. As your instructor, and a sojourner alongside you, I am confident that your time invested in the course will not be wasted. What I love about this opportunity that technology affords us both is that I get to encourage you, equip you, and support you at your pace.

Friend, there is no rule or expectation upon you for the speed in which you choose to complete this course. As you'll see below, the modules are broken into give different segments that line up perfectly with the content in *Meet the New You: A 21-day Plan for Embracing Fresh Attitudes and Focused Habits for Real Life Change*. While the book refers to each of the individual chapters by days, there is nothing stopping you from turning it into weeks.

I will provide for you a downloadable "Study Map" in each module, which will give you the option to complete the work over five consecutive days or five weeks, or switch it up depending upon your schedule from module to module.

Yes, this means it could take you 5 weeks up to 21 weeks to complete this course and that may seem overwhelming. In actuality, the longer the journey, the more time you have to dig into each concept and savor your time with God. When I think of the pace that would work best for me, I welcome the slow-and-steady wins the race concept, especially with my regular commitment to Bible study at church. Regardless, I hope and pray the content in the course flexes to your schedule and give you a sweet opportunity to encounter God afresh.

May I suggest, too, that now might be a great time to invite someone to do this journey with you? It would make for a great mentoring or accountability partnership, as there is so much to discuss. As I often say, we are simply better together because God designed us to need not only Him, but each other.

Okay, onto the course details . . .

Getting Ready

To get ready for the course, you'll need:

- a copy of *Meet the New You: A 21-day Plan for Embracing Fresh Attitudes and Focused Habits for Real Life Change*, which is available wherever books are sold and on Amazon
- a binder and hole puncher for keeping all the downloadable resources and worksheets
- notebook paper or journal for reflection and answering the questions in the book
- pen or pencil
- Bible or Bible App (love the [Jesus Centered Bible](#) and [YouVersion.com](#))
- Optional: Meet the New You Devotional on [YouVersion.com](#)

Course Content

Introduction

Congrats on finding your way to the introduction, as that's how you found this document. If you haven't yet watched the video, take time to do so now. In the video, I'll share with you the backstory of the book and the biblical principles of Trap & Transform, as well as how to handle the exercises in the book and the reflection questions.

Module 1: Fresh Awareness

Are you ready to infuse your life with a soul-strengthening, life-changing encounter with God? Well, this is when it starts! You'll find in module 1:

- Introductory Video about *Part 1: A Fresh Awareness* from *Meet the New You*
- Study Map Download (5 day versus 5 weeks for the content)
- *Encounter with Sarah* Devotional Study -Video and Downloadable Devotional
- Scripture Download

Module 2: Assess the Goods

It's time to uncover your God-given wiring. In module 2, you'll find:

- Introductory Video about *Part 2: Assess the Goods* from *Meet the New You*
- Study Map Download (5 day versus 5 weeks for the content)
- *Encounter with the Samaritan Woman* Devotional Study - Video and Downloadable Devotional
- Scripture Download

Module 3: Overcome Obstacles

What are the obstacles standing your way of authentic life change and experiencing the life God desires for you? It's time to find out as you journey through module 3:

- Introductory Video about *Part 3: Overcome Obstacles* from *Meet the New You*
- Study Map Download (5 day versus 5 weeks for the content)
- *Encounter with Ruth* Devotional Study - Video and Downloadable Devotional
- Scripture Download

Module 4: Stick with Solutions

Are you ready to embrace solutions that stick? Dive into module 4 in the process of life transformation:

- Introductory Video about *Part 4: Stick with Solutions* from *Meet the New You*
- Study Map Download (5 day versus 5 weeks for the content)
- *Encounter with Mary and Martha* Devotional Study -Video and Downloadable Devotional
- Scripture Download

Module 5: Vibrant New Vision

It's time to launch forward, infused by a fresh encounter with God. Spend time in module 5 to cultivate a clear vision going forward:

- Introductory Video about *Part 5: Vibrant New Vision* from *Meet the New You*
- Study Map Download (5 day versus 5 weeks for the content)
- *Encounter with Mary* Devotional Study - Video and Downloadable Devotional
- Scripture Download

Bonus Materials

In addition to the regular course content, you'll find in the Bonus Module downloadable resources, videos, coaching coupons designed to bless you and equip you on this journey of faith.

- Cultivating a Conversation with God
- Whole. Holy. Health. Stewardship
- Get Organized Challenge
- 15 Minute Rule
- 21 Scripture Prayers
- \$75 off of the [Kaleo Program Coaching Package](#) or \$25 off of the [Kaleo Infusion Coaching Package](#).
Mention this course and send your receipt to elisa@kaleoagency.net when booking your package.