

You Can Heal Your Life

Home Studies Calendar

Before Class 1

- If time, Louise Hay suggests that you read the entire textbook first, without doing the exercises. You will then re-read it and do the exercises during the course of the class.
- If you are not able to read the entire textbook before class begins, please read:
 1. Chapter 1, pp. 13-24
 2. "My Story" (Louise Hay's personal story) pp. 231-241
- Bring a notebook or journal to class.

Homework for Class 2

- **Textbook:** Read and complete the exercises for Chapter 2 "What Is the Problem?" pp. 27-39.
- **Workbook:** Read and complete the exercises for Chapter 2 "Beliefs" pp. 21-39.

Homework for Week 3

- **Textbook:** Read and complete the exercises for Chapter 3, "Where Does It Come From?" pp. 41-49 and Chapter 4 "Is It True?" pp. 51-57.
- **Workbook:** Read and complete the exercises for Chapter 3, "Health" pp. 43-58 and Chapter 4 "Fearful Emotions" pp. 61-77.

Homework for Week 4

- **Textbook:** Read and complete the exercises for Chapter 5, "What Do We Do Now?" pp. 59-65 and Chapter 6 "Resistance to Change" pp. 67-81.
- **Workbook:** Read and complete the exercises for Chapter 5, "Critical Thinking" pp. 79-105.

Homework for Week 5

- **Textbook:** Read and complete the exercises for Chapter 7, "How to Change" pp. 83-95 and Chapter 8 "Building the New" pp. 97-107.

- **Workbook:** Read and complete the exercises for Chapter 6, “Addictions” pp. 107-121 and Chapter 7 “Forgiveness” pp.123-135.

Homework for Week 6

- **Textbook:** Read and complete the exercises for Chapter 9, “Daily Work” pp. 109-119, Chapter 11 “Work” pp. 129-133, Chapter 12 “Success” pp. 135-137, and Chapter 13 “Prosperity” pp. 139-149 (**Skip** Chapter 10)
- **Workbook:** Read and complete the exercises for Chapter 8, “Work” pp. 137-150 and Chapter 9 “Money and Prosperity” pp. 153-167.

Homework for Week 7

- **Textbook:** Read and complete the exercises for Chapter 10 “Relationships” pp. 123-127.
- **Workbook:** Read and complete the exercises for Chapter 10 “Friends” pp.169-185, Chapter 11 “Sexuality” pp. 187-203, Chapter 12 “Love and Intimacy” pp. 205-217 and Chapter 13 “Aging” pp. 219-213.

Homework for Week 8

- **Textbook:** Read and complete the exercises for Chapter 14 “The Body” pp. 151-173, Chapter 15 “The List” p. 175-223, “New Thought Patterns” p. 225-227 and Part IV “Conclusion” p. 129
- **Workbook:** Read and complete the exercises for Chapter 14 “Your New Picture” pp. 235-250.
- **Sharing:** Be prepared to share “Your New Story” (Workbook p. 244) with the class.
- **Light snacks:** Feel free to bring light snacks to share during the break.