ZOOM OUT UNIVERSITY · THE COMPLETE FREE COURSES

Zoom Out University

The full Zoom Out ebook in seven courses and 24 bite-size lessons. Rise above the noise of the moment. Start with 101 and work your way to the 30-Day Zoom Out Challenge.

Print edition · Answer key at the back

learn.berlocity.com

A BERLO Brand Company

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How to use this booklet. Read each lesson, then answer the questions in pencil. The city stops can be visited at berlocity.com. Answers to every quiz are in the answer key at the back. Education only, not financial advice.

ZOOM OUT UNIVERSITY · COURSE 101

The Zoomed Out Perspective

Seeing the bigger picture, long-term thinking and calmer decisions · 3 lessons

ZOOM OUT UNIVERSITY · COURSE 101 · LESSON 1 OF 3

Pull the Camera Back

By the end of this lesson, you know what it means to zoom out and what changes when you do.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

Zooming out means stepping back from a moment so you can see what it really is.

Picture a movie camera pointed at one face, up close. All you see is the tears. It feels huge. Now the camera pulls back. You see the room, the people around them, the whole story. Same moment, totally different meaning.

That's what the Zoom Out book teaches: **rise above the noise of the moment.** Step back from the scene, the situation or the emotion, the way a camera pulls back from a close-up shot.

When you do, four things happen:

- **The emotions shrink.** What felt like the end of the world becomes one bad day.
- **The patterns become clear.** You notice "this keeps happening."
- **The context makes sense.** You see why things happened.
- **The truth becomes visible.** You see what's really going on, not just what it felt like.

Example: a flat tire on the way to work, close up, ruins your whole day. Zoomed out, it's one bad hour in a good year.

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. The plaza, up close

Look for Residents rushing around one spot

From down here, what seems important?

2. The Overview

Look for The whole city from above

From up here, what looks different? What looks small now?

3. Zoom Out University

Look for Course 101 on the campus card

What would change if you looked at your week like this?

PART 3 · CHECK YOURSELF

3 quick questions

1. When you zoom out, your emotions:

- ○ Shrink
- ○ Get bigger
- ○ Disappear forever

2. Zooming out is like:

- ○ A camera pulling back
- ○ Closing your eyes
- ○ Speeding up

3. Which becomes clearer when you zoom out?

- ○ Patterns
- ○ Noise
- ○ Rumors

PART 4 · TRY IT THIS WEEK

Your real-life task

The next time something upsets you, ask: "How big will this be in a year?" Write down your answer.

ZOOM OUT UNIVERSITY · COURSE 101 · LESSON 2 OF 3

Zoom Out in Real Life

By the end of this lesson, you can use a zoomed-out view in relationships, work and the world around you.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

You can zoom out on anything: a fight, a job, even the planet.

The book gives three examples:

- **Relationships.** Instead of reacting to one disagreement, you look at the whole relationship. How does this one moment fit in? Is it a pattern or a bad day?
- **Career.** Instead of only looking at the paycheck, you ask: does this job fit my long-term goals and what I value?
- **The world.** Instead of looking at one problem alone, you see how things connect. Climate, nature and human health all affect each other.

Why bother? A zoomed-out view helps you **get clear**, **line up your actions with your bigger goals** and **avoid narrow, impulsive decisions**. It helps you find meaning and direction in a bigger story.

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. West End homes

Look for Residents with families, jobs and neighbors (tap one to chat)

If two neighbors argue once, does that define their friendship?

2. The Port

Look for Jobs that pay by the day

Besides the pay, what else should a person weigh when choosing a job?

3. The pier and the water

Look for The ocean that connects the city, the island and the ships

How is the water connected to the businesses on the shore?

PART 3 · CHECK YOURSELF

3 quick questions

1. In a relationship, zooming out means:

- ○ Reacting fast to one argument
- ○ Seeing how one moment fits the whole relationship
- ○ Ignoring problems

2. A zoomed-out career choice looks at:

- ○ Only the salary
- ○ Long-term goals and values too
- ○ What friends think

3. Zooming out helps you avoid:

- ○ Clear thinking
- ○ Narrow, impulsive decisions
- ○ Good goals

PART 4 · TRY IT THIS WEEK

Your real-life task

Pick one area of your life (a relationship, work or money). Write two lines: the close-up view, then the zoomed-out view.

The Three Pillars

By the end of this lesson, you know the three pillars of the Berlo Zoom Out Initiative and how the courses fit together.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

The whole Zoom Out program stands on three pillars.

The **Berlo Zoom Out Initiative** is built on three foundations that work together to expand awareness, improve decision-making and elevate consciousness:

1. **Understanding the Larger Picture:** seeing context, patterns, connections and long-term results. (Course 201)
2. **Prosperity Consciousness:** the mindset of abundance, gratitude and growth. (Course 401)
3. **The Universal Language of Consciousness:** the deeper, intuitive way humans connect beyond words. (Course 501)

Together, the book says, they help you **think clearly, act intentionally and move through life with a higher level of awareness.** They create clarity, peace, purpose, wisdom and a stronger sense of who you are.

The rest of the courses show you how to use them: Systems (301), Emotional Programming (601), and Awareness to Strategy to Power (701).

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. Zoom Out University

Look for The seven course tiles on the campus card

Which course are you most curious about, and why?

2. The Overview

Look for The whole city, where every district connects

How is the city like the three pillars working together?

3. Dr. Elijah Stone

Look for The campus professor (tap "Talk to Dr. Stone")

Ask him which pillar he thinks matters most, and why.

PART 3 · CHECK YOURSELF

3 quick questions

1. How many pillars hold up the Zoom Out Initiative?

- ○ Two
- ○ Three
- ○ Seven

2. "The deeper, intuitive way humans connect beyond words" is:

- ○ Prosperity Consciousness
- ○ The Universal Language
- ○ Systems

3. Together, the pillars help you:

- ○ Think clearly and act intentionally
- ○ Get rich fast
- ○ Avoid people

PART 4 · TRY IT THIS WEEK

Your real-life task

Rate yourself 1 to 5 on each pillar: seeing the big picture, feeling abundant, connecting with people. Circle the one you want to grow first.

ZOOM OUT UNIVERSITY · COURSE 201

Understanding the Larger Picture

Context, connections, long-term thinking and multiple perspectives · 4 lessons

ZOOM OUT UNIVERSITY · COURSE 201 · LESSON 1 OF 4

Context and Connections

By the end of this lesson, you can look for the background behind a situation and the connections it touches.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

Nothing happens out of nowhere, and nothing happens alone.

The book says understanding the larger picture means looking beyond the moment to see how everything fits together and what could happen next. It starts with two skills:

1. Context: know the background. Every situation has a story behind it: history, culture, money, people, personal stuff. Understanding a big issue like climate change means more than knowing about pollution. It means knowing the history of factories, politics, trade and science behind it.

2. Connections: everything affects everything. No problem lives by itself. The book's example: a business cuts costs by letting workers go. That can hurt the morale of the people who stay, then the quality of the product, then customer happiness, then the brand's reputation, and finally long-term profit. One choice, five ripples.

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. The Port

Look for Ships, cranes and containers coming in

Where did the things in these containers come from? Who made them?

2. The truck stop

Look for The freight road from the Port to the trucks

If the Port shut down for a week, who else would feel it?

3. Corner Market

Look for The shop at the end of that chain

How is the price on the shelf connected to the ship and the truck?

PART 3 · CHECK YOURSELF

3 quick questions

1. Context means:

- ○ The background behind a situation
- ○ The fastest answer
- ○ Your first feeling

2. Cutting workers to save money can affect:

- ○ Only the budget
- ○ Morale, quality, customers and reputation
- ○ Nothing

3. "Everything is interconnected" means:

- ○ No problem lives by itself
- ○ Everything is the same
- ○ Nothing matters

PART 4 · TRY IT THIS WEEK

Your real-life task

Pick one thing you bought this week. Write down every person and step it took to get to you.

Long-Term Thinking and Tunnel Vision

By the end of this lesson, you can weigh long-term results and catch yourself when you have tunnel vision.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

Today's choice is tomorrow's situation, so look down the road.

3. Long-term consequences. Looking at the larger picture means weighing both short-term and long-term results. The book's example: don't only chase the promotion right now. Ask how it affects your future growth, your work-life balance and your long-term goals.

4. Tunnel vision. When you're too focused on today's task, you can miss what's changing around you. The book's classic example: someone so busy with day-to-day work that they don't notice customers wanting something new, or new rules coming, until it's too late.

A simple check: once a week, lift your head and ask, **"What's changing around me that I haven't noticed?"**

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. West End homes

Look for Residents buying homes with 30-year loans

What does a decision today look like 30 years from now?

2. The Exchange

Look for Prices moving all day on the ticker

What could someone miss if they only watched one price?

3. The Trading HQ

Look for The bots' council, which checks the big picture before every trade

Why check the overall market mood before one small trade?

PART 3 · CHECK YOURSELF

3 quick questions

1. Thinking long-term about a promotion means also asking about:

- ○ Only this year's pay
- ○ Future growth and work-life balance
- ○ What's for lunch

2. Tunnel vision means:

- ○ Seeing everything
- ○ Being so focused you miss what's changing
- ○ Having good eyesight

3. A good weekly question is:

- ○ "What's changing that I haven't noticed?"
- ○ "How can I stay busier?"
- ○ "Who's to blame?"

PART 4 · TRY IT THIS WEEK

Your real-life task

Write down one decision you're making this month. Under it, write what it could mean in 1 week, 1 year and 5 years.

ZOOM OUT UNIVERSITY · COURSE 201 · LESSON 3 OF 4

Patterns and the Zoom Dial

By the end of this lesson, you can spot repeating patterns and know when to zoom out and when to zoom back in.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

See the pattern, then handle the details. You need both.

5. Patterns and trends. The larger picture often shows up as things that repeat: in society, in business, in people's behavior. At work you might notice the same problems coming back again and again, like burned-out workers or unhappy customers. Once you see a pattern, you can fix the cause instead of the symptom.

6. The zoom dial: details and the big picture. Zooming out isn't the whole job. The book warns that only looking at the big picture leads to oversimplifying, and only looking at the details means missing key insights. Think of a dial: zoom out to choose the direction, zoom in to do the work. A business needs a big mission *and* careful day-to-day work.

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. The Overview

Look for The trolleys, trains and cars from above

What patterns do you see in how the city moves?

2. The plaza

Look for Residents' daily routines: work, market, home

Do the same people show up at the same times? What does that tell you?

3. Custom Merch 813

Look for One shop, many products

What details does a shop owner have to get right every day?

PART 3 · CHECK YOURSELF

3 quick questions

1. Spotting a pattern helps you:

- ○ Fix the cause, not just the symptom
- ○ Worry more
- ○ Ignore problems

2. Only looking at the big picture can lead to:

- ○ Oversimplifying
- ○ Perfect plans
- ○ Better details

3. The "zoom dial" means:

- ○ Always stay zoomed out
- ○ Zoom out for direction, zoom in for the work
- ○ Never plan

PART 4 · TRY IT THIS WEEK

Your real-life task

Name one problem that keeps coming back in your life. Write what the pattern is and what might be causing it.

Through Other People's Eyes

By the end of this lesson, you can look at a situation from several points of view and use the full larger-picture checklist.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

The full picture includes everyone in it.

7. Empathy and multiple perspectives. The larger picture includes how other people see things: on a team, across cultures or in a conflict. Empathy shows you how people's values, feelings and experiences shape what they see. In a conflict, it means respecting each side and finding common ground.

Example in action. Imagine your team is launching a new product. The close-up worry is deadlines. The larger picture asks:

- **Trends:** do people actually want this?
- **Vision:** does it fit our long-term goals and values?
- **Impact:** what could it mean for customers and the industry?
- **Risks:** what could go wrong, and who would it affect?

Why it matters: better decisions, smarter strategy, personal growth and stronger problem-solving. The book sums it up: seeing beyond the narrow moment is a crucial skill for leadership and thoughtful decisions.

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. City Hall

Look for The mayor and council, who must weigh everyone's needs (tap a name to chat)

Ask one: how do you decide when people want different things?

2. Flex Up Records

Look for A label that serves both artists and fans

What does an artist want? What does a fan want? Where do they meet?

3. The plaza

Look for Residents with different jobs and money

Pick two residents. How might they see the same news differently?

PART 3 · CHECK YOURSELF

3 quick questions

1. In a conflict, the larger picture means:

- ○ Winning
- ○ Respecting each side and finding common ground
- ○ Avoiding it

2. Which is a larger-picture question for a product launch?

- ○ Do people actually want this?
- ○ What color is the office?
- ○ Who sits where?

3. Understanding the larger picture helps with:

- ○ Leadership and decisions
- ○ Nothing
- ○ Only school

PART 4 · TRY IT THIS WEEK

Your real-life task

Think of a recent disagreement. Write it out from the other person's point of view, in their words, as fairly as you can.

ZOOM OUT UNIVERSITY · COURSE 301

Systems: The Invisible Architecture

The rules that program you, and shaping your environment back · 3 lessons

ZOOM OUT UNIVERSITY · COURSE 301 · LESSON 1 OF 3

The Invisible Rules

By the end of this lesson, you can spot the invisible rules shaping your day.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

The world programs you by making its rules feel invisible.

A **system** is a set of rules that runs on its own. Most of the systems around us are so normal that we stop seeing them. Wake up at a set time. Buy now, pay later. Scroll before bed. Measure success by what other people can see. Nobody voted on most of these. We just picked them up.

That's why BERLO City exists. The city is a model of the system we live in: **money, attention and rules.** Behind every building is a business model, and behind every habit is a system.

Here's the good news from the book: **programming isn't a prison. It's a starting point.** Once you can see a rule, you can decide whether to keep following it.

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. The Treasury

Look for Money: the vault at the center of the city

What rules about money did you learn without anyone teaching you?

2. The screens

Look for Attention: brands paying to be seen

What's competing for your attention right now?

3. City Hall

Look for Rules: the laws everyone lives by

Which rules in your life were written by someone you never met?

PART 3 · CHECK YOURSELF

3 quick questions

1. A system is:

- ○ A set of rules that runs on its own
- ○ A computer only
- ○ A one-time event

2. The world's rules feel invisible because:

- ○ They feel normal
- ○ They don't exist
- ○ Nobody follows them

3. According to the book, programming is:

- ○ A prison
- ○ A starting point
- ○ Permanent

PART 4 · TRY IT THIS WEEK

Your real-life task

List five things you do every day without thinking. For each one, ask: "Who taught me this, and do I still want it?"

ZOOM OUT UNIVERSITY · COURSE 301 · LESSON 2 OF 3

Your Environment Is Not Neutral

By the end of this lesson, you know how your environment shapes you and how to start shaping it back.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

Your environment isn't just where you live.

The book puts it this way:

It's what you think. It's what you tolerate. It's who you allow around you.

A zoomed-out person becomes intentional about four things:

- **What they consume:** food, news, music, social media.
- **What they surround themselves with:** places, objects, routines.
- **What they allow in their mental space:** worries, gossip, drama.
- **Who has influence over their thinking:** friends, family, creators, coworkers.

Why? Because **an environment is not neutral. It's shaping you whether you notice it or not.** And once you learn to see it, you begin shaping it back.

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. West End homes

Look for Where residents live, and who lives next to them

How do neighbors shape each other's habits?

2. BERLO City Radio

Look for What plays in the background all day (tap Radio)

How does what you listen to change your mood?

3. The screens

Look for Messages the whole city sees every day

What messages do you see every day without choosing them?

PART 3 · CHECK YOURSELF

3 quick questions

1. According to the book, your environment includes:

- ○ Only your address
- ○ What you think, tolerate and who you allow around you
- ○ Only the weather

2. "An environment is not neutral" means:

- ○ It's shaping you either way
- ○ It doesn't matter
- ○ It's always good

3. A zoomed-out person is intentional about:

- ○ What they consume
- ○ Nothing
- ○ Only money

PART 4 · TRY IT THIS WEEK

Your real-life task

For one day, write down everything you consume: news, apps, music, food. Circle one thing to cut and one thing to add.

Build Your Own System

By the end of this lesson, you can design one small system for your own life.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

Once you understand systems, you can build your own.

That's the turning point in the book. You stop just following systems and start designing them. **You choose:**

- The environment you want
- The values you follow
- The pace you live at
- The influences you allow
- The identity you reinforce
- The future you're walking toward

Your life becomes a system built around **clarity, purpose and intention.**

Start small. A system is just a rule you set once so you don't have to decide every time. "Phone stays in the kitchen after 9 PM." "Save $20 every payday before anything else." "Read 10 pages before scrolling." Small rules, big results over time.

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. The Trading HQ

Look for Bots that run on written rules, not moods

What rule could you write down so you don't have to decide every time?

2. The West End

Look for A neighborhood that grows on its own by its own rules

What would your life look like if your good habits ran on autopilot?

3. Zoom Out University

Look for Course 301 on the campus card

Which of the six choices above will you start with?

PART 3 · CHECK YOURSELF

3 quick questions

1. Once you understand systems, you can:

- ○ Build your own
- ○ Only follow others'
- ○ Ignore them

2. A personal system is:

- ○ A rule you set once so you don't decide every time
- ○ A mood
- ○ A new phone

3. According to the book, your life can become a system built around:

- ○ Clarity, purpose and intention
- ○ Luck
- ○ Other people's opinions

PART 4 · TRY IT THIS WEEK

Your real-life task

Write one simple rule for your life ("When X happens, I do Y"). Follow it for 7 days and note what changes.

ZOOM OUT UNIVERSITY · COURSE 401

Prosperity Consciousness

Abundance, gratitude, positive expectation, growth and generosity · 3 lessons

ZOOM OUT UNIVERSITY · COURSE 401 · LESSON 1 OF 3

Abundance and Gratitude

By the end of this lesson, you understand the abundance mindset and how gratitude feeds it.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

Prosperity starts with how you see the world.

The book describes **prosperity consciousness** as a way of thinking that's open to abundance, success and fulfillment. Prosperity can mean money, but also personal growth, emotional health and a general sense of well-being.

Abundance mindset. Seeing the world as full of opportunities instead of limits. It believes there's enough success, happiness and resources for everyone. Life isn't a game where someone has to lose for you to win.

Gratitude. Gratitude is the center of this mindset. It moves your focus from what you don't have (scarcity) to what you already have. That creates a feeling of wealth and fulfillment right now, not someday.

Abundance isn't pretending bills don't exist (Lessons 2 and 3 still apply). It's how you look at the road while you drive it.

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. Corner Market

Look for Shelves full of everyday things

What do you already have that you usually forget to be thankful for?

2. Polished By Zoe

Look for A small business that grew from one skill

How is one person's skill an opportunity, not a limit?

3. The plaza

Look for Residents sharing the same city

Can one shop's success help the shop next door?

PART 3 · CHECK YOURSELF

3 quick questions

1. An abundance mindset sees the world as:

- ○ Full of opportunities
- ○ A place where someone must lose
- ○ Empty

2. Gratitude moves your focus from:

- ○ What you have to what you lack
- ○ What you lack to what you have
- ○ Others to yourself

3. Prosperity, in the book, includes:

- ○ Only money
- ○ Money, growth, emotional health and well-being
- ○ Only luck

PART 4 · TRY IT THIS WEEK

Your real-life task

Every night for 7 days, write down three things you're grateful for. No repeats.

ZOOM OUT UNIVERSITY · COURSE 401 · LESSON 2 OF 3

Expect Good, Grow and Give

By the end of this lesson, you can practice positive expectation, a growth mindset and generosity.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

Expect good, learn from everything and share what you have.

Positive expectation. Expecting good outcomes, *not in a naive way*, the book says, but from real belief in your ability to create what you need. That belief changes how you act: you show up, you try, you follow through.

Growth-oriented. Seeing challenges as chances to grow. Asking "What can I learn? How can I adapt?" and treating setbacks as temporary and beatable.

Generosity and openness. Sharing resources, knowledge and support. When people feel prosperous, they give back, because generosity and teamwork can create even more success for everyone.

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. Flex Up Records

Look for Artists from all over the world working together

How can sharing help everyone grow?

2. The Gaming District

Look for Games where you lose and try again

What do you do after you lose a round?

3. Zoom Out University

Look for Course 401 on the campus card

What's one thing you know that you could teach someone this week?

PART 3 · CHECK YOURSELF

3 quick questions

1. Positive expectation in the book is:

- ○ Naive wishing
- ○ Real belief in your ability to create what you need
- ○ Ignoring problems

2. A growth-oriented person sees setbacks as:

- ○ Permanent
- ○ Temporary and beatable
- ○ Someone else's fault

3. Generosity can lead to:

- ○ Less for everyone
- ○ More success for everyone
- ○ Nothing

PART 4 · TRY IT THIS WEEK

Your real-life task

Do one generous thing this week that costs no money: share a skill, a contact or an hour of help. Write down what happened.

ZOOM OUT UNIVERSITY · COURSE 401 · LESSON 3 OF 3

Wealth in All Forms

By the end of this lesson, you can define wealth for yourself and invest in it.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

Prosperity is not just about money.

Redefine wealth. The book says real prosperity includes wealth in relationships, health, emotional well-being and personal growth. Build a balanced life, not just a bigger bank balance.

Invest in yourself. Keep growing your skills, your education and your health. That grows your capacity to create and receive abundance in every area of life.

How to cultivate it, from the book:

- **Mindfulness and meditation:** notice limiting beliefs and replace them with more abundant ones.
- **Visualization and goal-setting:** keep your attention on what's possible.
- **Positive surroundings:** people, media and places that support this mindset.

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. The Treasury

Look for The city's money in the vault

If money is only one kind of wealth, what are the others in your life?

2. West End homes

Look for Families, neighbors and friendships

Which relationships make you richer?

3. Zoom Out University

Look for Investing in learning

What skill could you invest in this month?

PART 3 · CHECK YOURSELF

3 quick questions

1. According to the book, wealth includes:

- ○ Only money
- ○ Relationships, health, well-being and growth
- ○ Only possessions

2. Investing in yourself means:

- ○ Buying more stuff
- ○ Growing your skills, education and health
- ○ Waiting for luck

3. One way the book suggests to cultivate prosperity is:

- ○ Visualization and goal-setting
- ○ Complaining
- ○ Comparing yourself to others

PART 4 · TRY IT THIS WEEK

Your real-life task

Draw four boxes: Money, Relationships, Health, Growth. Rate each 1 to 5, then write one small step for your lowest box.

ZOOM OUT UNIVERSITY · COURSE 501

The Universal Language of Consciousness

Empathy, intuition, presence and connecting beyond words · 5 lessons

ZOOM OUT UNIVERSITY · COURSE 501 · LESSON 1 OF 5

More Than Words

By the end of this lesson, you know what the Universal Language is and can name the shared human experiences everyone understands.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

People understand each other in ways that go deeper than words, and you can learn to "read" that language.

Think about a baby smiling. You don't need to speak the baby's language to know it's happy. Think about someone crying at a funeral. You know what that means in any country.

That's the **Universal Language**. It's how people understand each other *beyond words*: through feelings, faces, actions and the things we all go through.

Some things every human goes through:

- **Birth.** New life brings joy everywhere.
- **Loss.** Everyone loses someone or something, and it hurts the same.
- **Growth.** Everyone struggles, learns and gets stronger.
- **Change.** Everyone has to start over at some point.

When you see someone going through one of these, you feel a little of it too. That feeling is a bridge between you and them. It works across countries, ages and backgrounds.

Here's why this matters for your life: people who understand the Universal Language can **spot opportunity faster, adapt quicker, learn deeper and build better**. The Zoom Out book calls that *personal leverage*. It's not luck and it's not where you came from. It's a skill.

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. The plaza

Look for Residents going about their day

Without reading anything, can you guess how someone is feeling by what they're doing?

2. Flex Up Records

Look for A music studio where artists from all over the world release songs

Why can a song move you even when it's in a language you don't speak?

3. BERLO City Radio

Look for Music playing across the whole city (tap Radio)

What feeling does this station give you? Did anyone have to explain it?

PART 3 · CHECK YOURSELF

3 quick questions

1. The Universal Language is mostly about:

- ○ Learning Spanish
- ○ Understanding people beyond words
- ○ Texting faster

2. Which is a shared human experience?

- ○ Loss
- ○ Owning a boat
- ○ A favorite app

3. Understanding people better gives you:

- ○ Personal leverage
- ○ Nothing
- ○ More screen time

PART 4 · TRY IT THIS WEEK

Your real-life task

Watch one conversation without listening to the words, like people at a table across the room. Write down what you think each person feels and why.

ZOOM OUT UNIVERSITY · COURSE 501 · LESSON 2 OF 5

Presence: Be Where Your Feet Are

By the end of this lesson, you can practice being fully present with a person, and use one breath to get there.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

When you give someone your full attention, they feel it, and that attention says more than words.

Have you ever talked to someone who kept looking at their phone? You could tell they weren't really with you. They never said "I'm not listening," but you got the message.

That's the Universal Language working the other way. **Presence speaks too.** When you are fully there with someone (eyes up, phone down, really listening), they feel it. The book says this deep presence is itself a kind of communication. Without saying anything, it tells people they matter.

Presence takes practice, because our minds love to jump around. Here's the simplest tool there is:

1. **Stop.** Notice you've drifted off.
2. **Breathe.** One slow breath in, one slow breath out.
3. **Come back.** Put your attention on the person or thing in front of you.

That's mindfulness: being in the moment *without judging it*. You don't have to sit on a mountain. You can do it in a truck, at a cash register or at the dinner table.

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. Zoom Out University

Look for The campus steps and lawn. Don't tap anything for 60 seconds. Just look.

What did you notice in that minute that you'd missed before?

2. The Overview

Look for The whole city, still and quiet from above

Did your breathing change when you slowed down?

3. A West End resident

Look for Open a resident's chat and ask how their day is going

Did you read their whole answer, or skim it?

PART 3 · CHECK YOURSELF

3 quick questions

1. Being present means:

- ○ Being in the same room
- ○ Giving your full attention
- ○ Talking a lot

2. The quickest way back to the present moment is:

- ○ One slow breath
- ○ Checking your phone
- ○ Making a list

3. Mindfulness means being in the moment:

- ○ And judging it
- ○ Without judging it
- ○ Only when meditating

PART 4 · TRY IT THIS WEEK

Your real-life task

Have one conversation with your phone out of sight. Afterward, write down one thing you noticed about the person that you usually miss.

Empathy and Compassion: Feel It, Then Help

By the end of this lesson, you can tell empathy from sympathy and compassion, and practice all three in a real conversation.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

Empathy is feeling what someone else feels. Compassion is doing something about it.

Three words that sound alike but aren't:

- **Sympathy** looks from the outside: "That's too bad."
- **Empathy** steps inside: "I can feel how hard that is for you."
- **Compassion** reaches out a hand: "How can I help?"

The book says empathy lets us connect across language and culture. You feel someone's emotions *as if they were your own*. Compassion takes the next step and turns that feeling into action that eases someone's pain or lifts them up. People everywhere recognize compassion. Even many animals do.

Here's the simplest way to practice empathy: **ask before you advise.** When someone is upset, most of us jump in with a fix. Try a question instead:

- "What was that like?"
- "How are you holding up?"
- "What would help right now?"

The book also ties empathy to the larger picture: when you see through other people's eyes, you understand *why* they act the way they do. That's how conflicts get solved and how teams and businesses get built.

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. City Hall

Look for Tap the mayor's or a council member's name and ask what's hardest about their job

Did their answer change how you see them?

2. The Port

Look for Crane and yard crews working long shifts

Picture one worker's day. What might they need that nobody asks about?

3. The plaza

Look for Residents spending their money and time

Pick one person. What do you think they're worried about this week?

PART 3 · CHECK YOURSELF

3 quick questions

1. "I can feel how hard that is for you" is:

- ○ Sympathy
- ○ Empathy
- ○ Advice

2. Compassion means:

- ○ Feeling bad for someone
- ○ Doing something to help
- ○ Staying out of it

3. When someone is upset, a good first move is:

- ○ Give advice right away
- ○ Ask a question
- ○ Change the subject

PART 4 · TRY IT THIS WEEK

Your real-life task

The next time someone vents to you, ask two questions before you give any advice. Notice how the conversation changes.

Intuition: Stop Reacting, Start Observing

By the end of this lesson, you can tell an intuition from a reaction, and know when to trust it and when to test it.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

Your gut is quietly reading the room. Learn to hear it, then double-check it.

Ever walked into a room and *known* something was off before anyone said a word? That's **intuition**. The book calls it a direct knowing that doesn't need logic or words, an inner sense that seems to go around the thinking mind.

One simple way to picture it: your brain notices tiny things (a tone of voice, a pause, a look) faster than you can name them. It adds them up and hands you a feeling. The more experience you have in something, the sharper that feeling usually gets. A trucker hears a strange engine sound before the dashboard shows anything.

But there's a catch. Not every strong feeling is intuition. Sometimes it's just a **reaction**: fear, anger or excitement taking the wheel.

Intuition	Reaction
Quiet and calm	Loud and urgent
Shows up when you're still	Shows up when you're triggered
Says "pay attention"	Says "do it NOW"

The book puts it this way: *your life changes the moment you stop reacting and start observing.* So when a feeling shows up, pause, take one breath (Lesson 12), and ask: is this a quiet knowing or a loud reaction? Then check it, the way you'd check a gauge after hearing that engine sound.

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. The bot towers

Look for Bots that follow written rules, even when a trade "feels" right (tap "Today's trades")

Why might a system that never reacts sometimes beat a person who does?

2. The Trading HQ

Look for The council seats that must all agree, including Risk

How is the Risk seat like the pause before you act on a feeling?

3. Zoom Out University

Look for Course 601 · Emotional Programming

Which of your reactions might be old programming, not intuition?

PART 3 · CHECK YOURSELF

3 quick questions

1. Intuition usually feels:

- ○ Loud and urgent
- ○ Quiet and calm
- ○ Like panic

2. A strong feeling that shows up when you're angry is more likely:

- ○ A reaction
- ○ Intuition
- ○ A fact

3. After you get a gut feeling, a smart next step is:

- ○ Act right away
- ○ Pause, breathe and check it
- ○ Ignore it forever

PART 4 · TRY IT THIS WEEK

Your real-life task

Write down one gut feeling a day for 5 days. At the end of the week, check: which were right, which were reactions, and what was the difference?

Symbols, Energy and Love: The Language Everyone Speaks

By the end of this lesson, you can spot universal symbols around you, notice the "energy" you bring into a room, and see love as the clearest message of all.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

Stories, vibes and love speak to everyone, so learn to read them and to send them on purpose.

1. Symbols and stories. Every culture tells stories about a **hero** who faces a challenge, a **mother** who protects, and a **shadow**, the dark side we try to hide. A psychologist named Carl Jung believed these characters live in all of us. That's why the same kinds of stories move people everywhere. Movies, songs and even brand logos use these symbols to speak to you without words.

2. Energy and vibe. Many spiritual traditions teach that everything gives off energy, and that people send and feel it. You don't have to believe all of that to see the everyday part: moods spread. One stressed person can tighten up a whole room, and one calm person can settle it. The question isn't whether you bring energy. It's *what* you bring.

3. Love. The book calls love the purest form of the Universal Language. A hug, a meal shared, someone showing up when it counts: nobody needs those translated. Love drives empathy (Lesson 13) and gives presence its power (Lesson 12).

Putting it all together. The Universal Language isn't about magic. It's about paying attention to what's under the words. People who learn it understand others without them having to explain. That's the personal leverage from Lesson 11, and it's how you start shaping your world instead of being shaped by it.

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. The screens and sponsor towers

Look for Logos, colors and signs all around the city

Which logo makes you feel something? Hero, protector, rebel?

2. Flex Up Records, then the Radio

Look for Music that changes the whole vibe of the city

How did the city feel different with a different station on?

3. Dr. Elijah Stone at Zoom Out University

Look for Tap "Talk to Dr. Stone" in the University card

Ask him: "What does the Universal Language mean to you?"

PART 3 · CHECK YOURSELF

3 quick questions

1. The hero, the mother and the shadow are examples of:

- ○ Brands
- ○ Universal symbols in stories
- ○ Job titles

2. A simple, everyday sign that "energy" spreads is:

- ○ Moods spreading through a room
- ○ Wi-Fi
- ○ The weather

3. The book calls the purest form of the Universal Language:

- ○ Money
- ○ Love
- ○ Silence

PART 4 · TRY IT THIS WEEK

Your real-life task

Before you walk into a room (home, work, a store), take one breath and decide what energy you'll bring. Notice whether people respond differently.

Want the full picture? These five lessons come from Pillar 3 of the Zoom Out book. The intro ebook goes deeper into all three pillars and includes the 30-Day Zoom Out Challenge. Get the intro ebook.

ZOOM OUT UNIVERSITY · COURSE 601

Emotional Programming

Putting it to work: daily practices and aligning actions with goals · 3 lessons

Zoom Out Every Day

By the end of this lesson, you have a short daily practice for zooming out.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

Zooming out works best as a daily habit, not an emergency move.

Chapter 5 of the book turns the ideas into strategies. The first is **mindfulness and meditation**:

- **Zoom out regularly.** Take time each day to meditate or reflect on your long-term goals and the larger picture. Meditation helps you step back from today's stress and see your life from wider.
- **Mindful gratitude.** Practicing gratitude every day keeps you focused on what's good in your life and keeps you grounded.

The book lists six daily practices: **mindfulness, breathing, perspective journaling, emotional observation, gratitude and big-picture reflection.**

A 5-minute version: one minute of slow breathing, one line about how you feel (no judging), three things you're grateful for, and one sentence about where you're headed.

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. Zoom Out University

Look for The quiet campus lawn

Could you give yourself 5 minutes here every day?

2. The Overview

Look for The city from above

What does your day look like from up here?

3. The pier

Look for The water and the horizon

Watch the water for one minute. How did your breathing change?

PART 3 · CHECK YOURSELF

3 quick questions

1. "Zoom out regularly" means:

- ○ Only when things go wrong
- ○ Reflecting on the larger picture every day
- ○ Never thinking ahead

2. Which is one of the book's daily practices?

- ○ Perspective journaling
- ○ Doom scrolling
- ○ Comparing

3. Mindful gratitude keeps you:

- ○ Grounded
- ○ Worried
- ○ Rushed

PART 4 · TRY IT THIS WEEK

Your real-life task

Do the 5-minute version (breathe, feel, thank, aim) every morning for 7 days.

Big, Bold Goals

By the end of this lesson, you can map a life vision and break it into small steps.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

See the whole road, then take the next step.

Vision mapping. The book says to create a vision board or write out your life's vision, including both your career and personal dreams. Put it somewhere you'll see it as a constant reminder of the bigger picture you're working toward.

Break goals into steps. Once your vision is clear, break it into smaller steps you can act on. A zoomed-out view lets you see the entire path, but you focus on **what you can do right now** to move forward.

Example: "Own my own business" becomes: pick the skill, find three customers (Lesson 4), save the first $500 (Lesson 3), set a weekly hour to work on it.

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. BERST Stadium and the cranes

Look for A huge build going up piece by piece (fly over from the Overview)

How is a stadium like a big goal?

2. The bot-built towers

Look for Towers that grow one win at a time

What's one small win you could stack this week?

3. Zoom Out University

Look for Course 601 on the campus card

Write your big goal in one sentence. What's step one?

PART 3 · CHECK YOURSELF

3 quick questions

1. Vision mapping is:

- ○ Writing out or picturing your life vision
- ○ A road map app
- ○ Guessing

2. After setting a big goal, you should:

- ○ Wait
- ○ Break it into small steps
- ○ Tell everyone and stop

3. A zoomed-out view helps you see the path, but you focus on:

- ○ What you can do right now
- ○ Everything at once
- ○ Other people's goals

PART 4 · TRY IT THIS WEEK

Your real-life task

Write your vision on one page: career and personal. Under it, list the first three steps. Do step one this week.

Reframe and Take Inspired Action

By the end of this lesson, you can reframe negative thoughts and turn your goals into daily action.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

Change the story you tell yourself, then move.

Reframe negative thoughts. The book suggests affirmations that mix a prosperity mindset with a wider view, like *"I am open to new opportunities," "I trust the journey"* and *"I see the bigger picture and act accordingly."*

Embrace failures as lessons. Instead of getting discouraged, use failures as teachers. Zoomed out, each experience is part of a bigger growth process.

Take inspired action. Make sure your daily choices support your long-term vision: at work, in relationships and in your personal growth. And **step into opportunities**, even when they feel scary.

Courage and caution go together: step forward with confidence, and still ask Lesson 10's question, "What happens if I'm wrong?", before you bet big.

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. The Gaming District

Look for Games where losing teaches you the next move

What did your last "loss" teach you?

2. The Trading HQ

Look for Bots that learn from every losing trade

How could you review your week the way the bots review their trades?

3. Polished By Zoe

Look for Someone who stepped into a business opportunity

What opportunity have you been scared to step into?

PART 3 · CHECK YOURSELF

3 quick questions

1. Which is an affirmation from the book?

- ○ "I see the bigger picture and act accordingly"
- ○ "Nothing ever works"
- ○ "Maybe tomorrow"

2. A zoomed-out view of failure sees it as:

- ○ The end
- ○ A lesson in a bigger growth process
- ○ Someone else's fault

3. Inspired action means:

- ○ Daily choices that support your long-term vision
- ○ Random busy work
- ○ Waiting for motivation

PART 4 · TRY IT THIS WEEK

Your real-life task

Write one negative thought you have often. Rewrite it as an affirmation. Say it every morning this week, then take one action that matches it.

ZOOM OUT UNIVERSITY · COURSE 701

Awareness Strategy Power

The capstone: living Zoomed Out every day · 3 lessons

Awareness Instead of Autopilot

By the end of this lesson, you can name the five shifts of a zoomed-out life.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

The path is not easy, however it is honest.

The book's conclusion says using these ideas takes steady effort, but it leads to more fulfillment and success. With a wider view and a mindset of abundance, you become **more resilient** when life gets hard, **more aware of new opportunities** and **more aligned with your long-term goals.**

It's a life of five shifts:

Awareness	instead of autopilot
Strategy	instead of reaction
Perspective	instead of panic
Intention	instead of impulse
Consciousness	instead of programming

And the line to remember: **the world may not change, but you will.**

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. The Overview

Look for The city running on its own

Where in your life are you running on autopilot?

2. The Trading HQ

Look for Strategy written down before the market opens

What would it look like to plan your day before it starts?

3. Zoom Out University

Look for Course 701 on the campus card

Which of the five shifts do you need most right now?

PART 3 · CHECK YOURSELF

3 quick questions

1. A zoomed-out life chooses strategy instead of:

- ○ Reaction
- ○ Planning
- ○ Thinking

2. Perspective instead of:

- ○ Panic
- ○ Patience
- ○ Peace

3. The book says the world may not change, but:

- ○ You will
- ○ Nothing will
- ○ Others will

PART 4 · TRY IT THIS WEEK

Your real-life task

Pick the one shift you need most. Each night this week, write one moment where you made that shift, or missed it.

Stop Being Shaped by the World

By the end of this lesson, you can put all three pillars together and start shaping your world.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

You stop being shaped by the world and start shaping your world.

The book brings it home: **learn the Universal Language, understand the Larger Picture and cultivate a Prosperity Consciousness.** Together they give you a strong foundation for personal and professional growth. You keep your eyes on the bigger picture while believing success and growth are within reach.

Together, the three pillars create **clarity, peace, purpose, wisdom and identity elevation.**

Conscious living means choosing your environment, picking meaningful influences, keeping your mind clear, thinking before reacting and living on purpose. *This is the lifestyle behind the philosophy.*

The book closes with an old quote: *"The excellence of the soul is understanding."* (Hermes Trismegistus)

> **Clarity is the highest form of power.**

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. Zoom Out University

Look for All seven courses on the campus card

Looking back, which course changed how you see things the most?

2. The Overview

Look for The whole city: money, attention and rules working together

How does seeing the whole system give you power?

3. Dr. Elijah Stone

Look for The campus professor (tap "Talk to Dr. Stone")

Tell him one thing you'll do differently now.

PART 3 · CHECK YOURSELF

3 quick questions

1. The three pillars are:

- ○ Larger Picture, Prosperity Consciousness, Universal Language
- ○ Money, Fame, Power
- ○ Read, Write, Count

2. Thinking before reacting is part of:

- ○ Conscious living
- ○ Autopilot
- ○ Luck

3. According to the book, the highest form of power is:

- ○ Money
- ○ Clarity
- ○ Being loud

PART 4 · TRY IT THIS WEEK

Your real-life task

Write a one-paragraph "Zoomed Out" description of the person you're becoming. Read it every morning before the 30-Day Challenge.

The 30-Day Zoom Out Challenge

By the end of this lesson, you have a 30-day plan to put everything into practice.

About 20 minutes | All ages | No account needed

PART 1 · READ (5 MIN)

The big idea

Thirty days, four weeks, one new way of seeing.

The book ends with a challenge. Do one week at a time:

Week 1 · Awareness	Days 1–7: Track your patterns, reactions and what in your environment influences you.
Week 2 · Observation	Days 8–14: Less reacting, more noticing. Name your impulses when they show up.
Week 3 · Reprogramming	Days 15–21: Replace 1 habit. Rewrite 1 belief about who you are.
Week 4 · Action	Days 22–30: One strategic move per day toward your future self.

Your tracker. Tick a box each day you complete it:

☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12
☐ 13	☐ 14	☐ 15	☐ 16	☐ 17	☐ 18
☐ 19	☐ 20	☐ 21	☐ 22	☐ 23	☐ 24
☐ 25	☐ 26	☐ 27	☐ 28	☐ 29	☐ 30

Your uniqueness is your leverage. Multiply it.

PART 2 · WALK THE CITY (10 MIN)

3 stops in BERLO City

Visit each stop in BERLO City at berlocity.com. Answer the question before you move on.

1. Zoom Out University

Look for Where the challenge starts

What will you track in Week 1?

2. The plaza

Look for People's daily patterns

Which of your patterns will you watch first?

3. The Trading HQ

Look for A daily scorecard

How will you keep score of your 30 days?

PART 3 · CHECK YOURSELF

3 quick questions

1. Week 1 of the challenge is about:

- ○ Awareness
- ○ Action
- ○ Rest

2. Week 3 is when you:

- ○ Replace 1 habit and rewrite 1 belief
- ○ Do nothing
- ○ Quit

3. Week 4 asks for:

- ○ One strategic move per day toward your future self
- ○ One big move on day 30
- ○ Waiting

PART 4 · TRY IT THIS WEEK

Your real-life task

Start Day 1 today. Download this page as a PDF, print the tracker and put it where you'll see it every morning.

Want the whole book? Everything in Zoom Out University comes from the Zoom Out ebook. Get the intro ebook.

Answer Key

Course 101 · The Zoomed Out Perspective

101.1 Pull the Camera Back

1. Shrink. The moment gets smaller when you see the whole picture.
2. A camera pulling back. Same scene, wider view.
3. Patterns. You start to see what keeps repeating.

101.2 Zoom Out in Real Life

1. Seeing how one moment fits the whole relationship. One moment is part of a bigger story.
2. Long-term goals and values too. Pay matters, and so does where it leads.
3. Narrow, impulsive decisions. Wide view, better choices.

101.3 The Three Pillars

1. Three. Larger Picture, Prosperity Consciousness, Universal Language.
2. The Universal Language. That's Pillar 3.
3. Think clearly and act intentionally. Clarity, then intention.

Course 201 · Understanding the Larger Picture

201.1 Context and Connections

1. The background behind a situation. History, culture, money and people.
2. Morale, quality, customers and reputation. Every choice ripples.
3. No problem lives by itself. Pull one string and others move.

201.2 Long-Term Thinking and Tunnel Vision

1. Future growth and work-life balance. Zoom out down the road.
2. Being so focused you miss what's changing. Busy can blind you.
3. "What's changing that I haven't noticed?". Lift your head on purpose.

201.3 Patterns and the Zoom Dial

1. Fix the cause, not just the symptom. Repeating problems have a root.
2. Oversimplifying. You need the details too.
3. Zoom out for direction, zoom in for the work. Both views, at the right time.

201.4 Through Other People's Eyes

1. Respecting each side and finding common ground. Everyone's view is part of the picture.
2. Do people actually want this? Trends come first.
3. Leadership and decisions. It's a life skill.

Course 301 · Systems: The Invisible Architecture

301.1 The Invisible Rules

1. A set of rules that runs on its own. Systems keep running without us noticing.
2. They feel normal. Normal hides the rule.
3. A starting point. You can rewrite it.

301.2 Your Environment Is Not Neutral

1. What you think, tolerate and who you allow around you. It's inside you too.
2. It's shaping you either way. Notice it or not, it works on you.
3. What they consume. Food, news, music and media.

301.3 Build Your Own System

1. Build your own. Design beats default.
2. A rule you set once so you don't decide every time. Set it, then let it run.
3. Clarity, purpose and intention. Built on purpose.

Course 401 · Prosperity Consciousness

401.1 Abundance and Gratitude

1. Full of opportunities. Enough to go around.
2. What you lack to what you have. Scarcity to appreciation.
3. Money, growth, emotional health and well-being. Wealth comes in many forms.

401.2 Expect Good, Grow and Give

1. Real belief in your ability to create what you need. Belief that leads to action.
2. Temporary and beatable. Setbacks pass.
3. More success for everyone. Sharing multiplies.

401.3 Wealth in All Forms

1. Relationships, health, well-being and growth. Wealth in all forms.
2. Growing your skills, education and health. You are the asset.
3. Visualization and goal-setting. Keep your eyes on what's possible.

Course 501 · The Universal Language of Consciousness

501.1 More Than Words

1. Understanding people beyond words. It's the language under the words.
2. Loss. Everyone goes through loss.
3. Personal leverage. It helps you spot opportunity, adapt and build.

501.2 Presence: Be Where Your Feet Are

1. Giving your full attention. Full attention is the message.
2. One slow breath. Stop, breathe, come back.
3. Without judging it. Notice it. Don't grade it.

501.3 Empathy and Compassion: Feel It, Then Help

1. Empathy. Empathy steps inside the feeling.
2. Doing something to help. Compassion acts.

3. Ask a question. Ask before you advise.

501.4 Intuition: Stop Reacting, Start Observing

1. Quiet and calm. Reactions are loud. Intuition is quiet.
2. A reaction. Triggers create reactions.
3. Pause, breathe and check it. Hear it, then check it.

501.5 Symbols, Energy and Love: The Language Everyone Speaks

1. Universal symbols in stories. Every culture tells these stories.
2. Moods spreading through a room. Calm and stress are both contagious.
3. Love. Nobody needs love translated.

Course 601 · Emotional Programming

601.1 Zoom Out Every Day

1. Reflecting on the larger picture every day. Make it a habit.
2. Perspective journaling. Write your view down.
3. Grounded. Focused on what's good.

601.2 Big, Bold Goals

1. Writing out or picturing your life vision. Make the big picture visible.
2. Break it into small steps. Big goals are built in small steps.
3. What you can do right now. Next step, every day.

601.3 Reframe and Take Inspired Action

1. "I see the bigger picture and act accordingly". Words that point you forward.
2. A lesson in a bigger growth process. Failure teaches.
3. Daily choices that support your long-term vision. Line today up with tomorrow.

Course 701 · Awareness Strategy Power

701.1 Awareness Instead of Autopilot

1. Reaction. Plan, don't just react.
2. Panic. Zoom out when it gets scary.
3. You will. You are what changes.

701.2 Stop Being Shaped by the World

1. Larger Picture, Prosperity Consciousness, Universal Language. The foundation of the Initiative.
2. Conscious living. Choose, don't react.
3. Clarity. Clarity is power.

701.3 The 30-Day Zoom Out Challenge

1. Awareness. First you notice.
2. Replace 1 habit and rewrite 1 belief. Reprogramming week.
3. One strategic move per day toward your future self. Small daily moves.

Keep learning

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If these lessons helped you, you can support the teacher at **support.berlocity.com**.

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