

Document: Unit One, Module One

Thank you so much for helping Pat and I figure this process out! I really appreciate your time and any feedback you have about the flow of this thing.

Zap! You ROCK! Thank you!



Here are some links just to make sure links in a document work:

[The Empowerment Podcast by Naga](#)

[The Power Up Kids Self Defense Podcast](#)

This will be followed by a very short quiz and some “homework”. For the homework, please write on this document and tell me how it’s going so far. You don’t have to write much!

Also, if you can stick with this through the last module of Unit 2, that will help us figure out if the flow feels like it’s working and if the connections and links from one thing to another are working.

Thanks again!

~ Silvia