

TAKING CONTROL

Learning to Master the Mind



INSTRUCTOR MANUAL

TABLE OF CONTENTS

ABOUT THE AUTHORS	3
INTRODUCTION	4
RECENT STUDIES EXPLORING OPEN-MINDEDNES	5
COMPLETION REQUIREMENTS / CLASS EXPECTATIONS	6
CONFIDENTIALITY POLICY	7
MANDATORY REPORTING	8
EVALUATION PROCESS	9
MINDFULNESS "THE POWERS OF THE MIND" EVALUATION FORM	10
PRESENTING THE MATERIALS	12

SESSION ONE: HOW OPEN-MINDED ARE YOU?

HOW FAR CAN YOU SEE?	18
OPINION OR FACT?	24
HOW WELL DO YOU LISTEN?	32

SESSION TWO: WHAT'S IN YOUR HEAD?

WHICH WOLF ARE YOU FEEDING?	41
IS YOUR MIND THE OBSTACLE?	48
HOW RICH ARE YOU?	52

SESSION THREE: EXPANDING YOUR HORIZON

HOW BIG ARE YOU DREAMING?	63
LIMITED OR LIMITLESS?	68
ARE YOU SHIFTING?	72

SESSION FOUR : CONTROL YOUR MIND, CONTROL YOUR LIFE

ARE YOU IN CHARGE OR ARE THE VOICES?	81
WHAT PARTS CAN WE ERASE?	88
HOW DO YOU COPE?	91

SESSION FIVE : WHAT WILL YOU BE KNOWN FOR?

ARE YOU UNCOMFORTABLE ENOUGH?	98
ARE YOU FOCUSED?	103
ARE YOU READY TO UNLOCK YOUR POTENTIAL?	107

ABOUT THE AUTHORS



Bryan Wright

Bryan is the Founder and Owner of Dynamic Family Solutions, LLC and PipNPal Publications, LLC. His passion and love are to create and help put more positivity into the world, and both companies are designed to do just that.

Bryan has worked for 16 years in prevention education and has published five educational curriculums. Through the years, he has been able to spread his programs throughout the nation and across the world. Bryan has over 150 trained facilitators running the curriculums throughout seven states and internationally in Barcelona, Spain. With these accomplishments and achievements, Bryan has also received several distinguished awards, including the Academy Leadership and Innovation Award 2022 Recipient and the MCJA Practitioner Award Recipient in 2021.

Tara Eichstedt

Tara has worked with youth in some capacity since college and full-time for the last ten years. She currently works with youth who struggle with mental health or problematic behaviors. Her passion is connecting youth to the proper resources and supportive people.



A common problem she saw in her line of work was the high referrals for truant youth in school and the lack of curriculum to address the intrinsic motivation for these youth. Tara reached out to Bryan Wright, who has done other curriculums, to put together something inspiring and motivational for youth to go through and learn about themselves and the deeper reasons why some do not see hope for their future. Hence, "Showing Up" was born. Tara lives in Wisconsin and is married with three young children.

INTRODUCTION

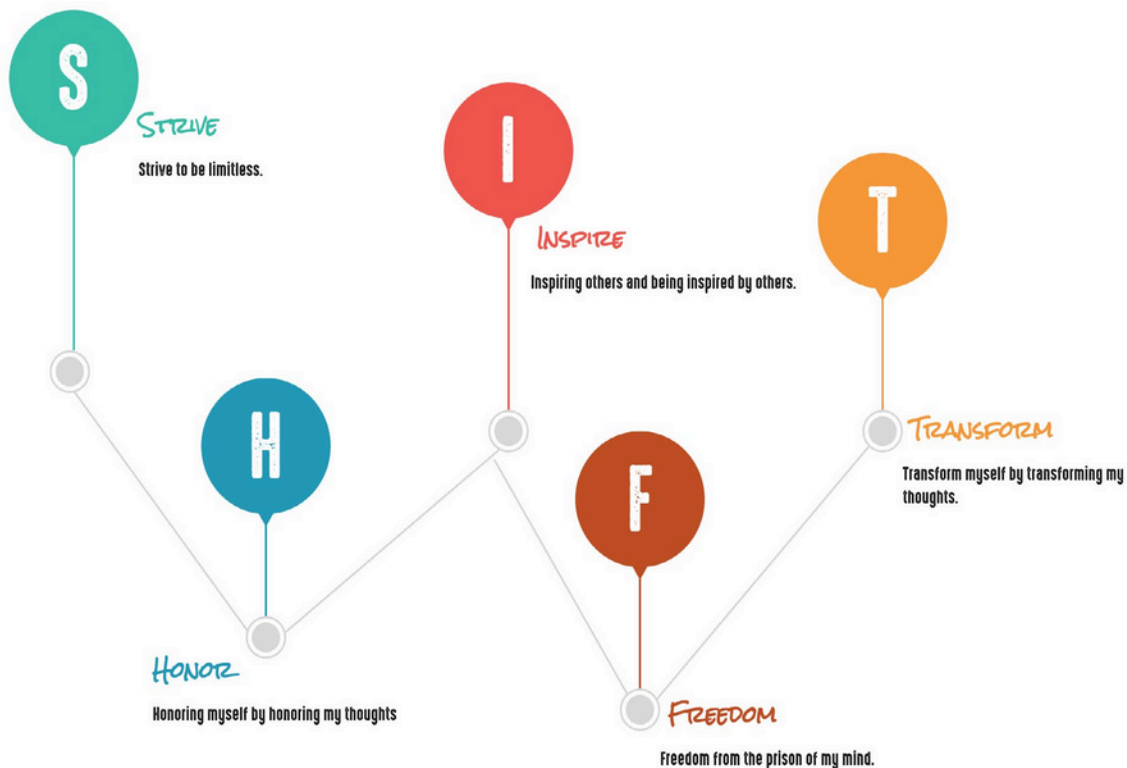
Welcome

Welcome to **Mind Control: The Power of the Mind**, a transformative curriculum dedicated to helping young individuals harness the incredible potential of their minds. Our program is designed to empower participants with the knowledge and skills needed to gain mastery over their thoughts, emotions, and behaviors.

Mind Control goes beyond mere awareness; it provides innovative techniques for thought modulation, enabling participants to take charge of their mental landscape. It's not just about letting thoughts go; it's about equipping youth to process, conquer, and take ownership of their thoughts and emotions, ultimately gaining control over their inner world. The "Power of the Mind" curriculum aims to enlighten young minds about the extraordinary capabilities of their thoughts, emphasizing mindfulness's profound impact on every facet of life. Once this understanding is achieved, participants will hold the key to unlocking their full potential.

Throughout this curriculum, youth will journey to conquer obstacles and face challenges head-on, armed with the knowledge to overcome them. By delving deep into the potency of their minds, participants will acquire a toolkit for unleashing their mental power.

Our aspiration is that as participants progress through Mind Control, they will embrace and embody these five core principles, catalyzing a transformative SHIFT within themselves:



RECENT STUDIES EXPLORING OPEN-MINDEDNESS

- 1 The Openness/Intelligence Relationship: A Confirmatory Factor Analysis of the Openness to Experience Scale and the Multidimensional Aptitude Battery-II: This study by Peterson and colleagues explored the relationship between openness to experience and intelligence. The researchers found a strong correlation between openness and intelligence, suggesting that open-minded individuals may have greater cognitive abilities.
- 2 The Effects of Openness to Experience on Ethnocultural Empathy and Interpersonal Competence among Multicultural Individuals: This study by Verkuyten and Thijs explored the relationship between openness to experience and empathy among individuals from different cultural backgrounds. The researchers found that openness to experience was positively related to ethnocultural empathy and interpersonal competence.
- 3 The Big Five Personality Traits, Learning Styles, and Academic Achievement: This study by Robbins and colleagues explored the relationship between personality traits and academic achievement. The researchers found that openness to experience strongly predicted academic success, suggesting that open-minded individuals may be better equipped to learn and adapt to new information.
- 4 Openness to Experience, Creativity, and Innovation: A Review and Reconceptualization: This study by Feist and colleagues explored the relationship between openness to experience and creativity and innovation. The researchers found that open-mindedness was positively related to creativity and innovation, suggesting that individuals more open to new ideas and experiences may be more likely to generate novel and useful ideas.
- 5 The Impact of Openness to Experience on Creativity: This study by Kaufman and colleagues explored the relationship between openness to experience and creativity. The researchers found that individuals who were high in openness to experience were more likely to engage in creative activities and produce more creative works.

These studies suggest that open-mindedness is an essential factor in a wide range of individual and societal outcomes, including cognitive abilities, empathy, interpersonal competence, academic success, creativity, and innovation.

COMPLETION REQUIREMENTS

Completion requirements for diversion or restorative practice options:

- » All five sessions must be attended in full. Missed classes may be made up the next time the program is offered (Programs depend on demand).
- » Your referral agency or agency that you are working with will put together a statement of course completion at the end of the final session only if you meet class expectations.
- » Will complete an Initial Intake process where you will need to:
 - » Review and go through the Welcome Letter and Sign
 - » Read through the Agreement Contract and have it signed by participants and parents **before** attending the first session.
- » All other conditions set by the agency/organization must be complied with.

CLASS EXPECTATIONS

- » Sign-in at each class is required. Members must participate, complete homework assignments,
- » and come prepared to discuss them.
The class relies on all sharing perceptions and experiences to gain insight from each other.
- » Those who do not participate/come prepared will not successfully complete the course, even if all five sessions are attended.
- » Completed assignments must be brought to class and reviewed at the beginning of each session.
- » Members must attend the entire session.
- » If you know you will be late to a session, please provide documentation and/or call Dynamic Family Solutions as soon as possible. **You must repeat the course if you are late for more than one session.**

CONFIDENTIALITY POLICY PAGE

Confidentiality

Your personal information will not be shared unless you sign a release of information form. Exceptions to this policy are if we believe disclosure is necessary to prevent/minimize a serious and/or approaching threat to yourself or another person or the public's health and safety.

Confidentiality and Why it is Important

To promote a healthy, trusting, and open group, members are expected to maintain and respect the rules laid out within this confidentiality section. Confidentiality is keeping things private and between the group or class. The information that comes out within class is not to leave the group setting nor be shared with those outside of the group or class. This is incredibly important to build and maintain trust, support, and respect for one another.

Expectations for Confidentiality

These expectations will be taken very seriously, and any violation may be the basis for immediate removal from the group. If these expectations are followed and agreed upon, the group will be a much safer and comfortable place for all participants. The expectations include but are not limited to:

- 1 It is expected that the personal information of anyone involved remain private and stay within the group; this expectation applies to both facilitators and group members.
- 2 As sensitive information may be shared in class, it is necessary to maintain confidentiality so that
- 3 all members feel safe participating.
- 4 It is permitted for members to share with friends and family what they are working on or talking about within the group. However, identifying other members or disclosing what they say is not permitted.
- 5 One may see other class members in public. To protect the confidentiality of all class members, do not acknowledge each other if one or both members are with other people.
- 6 If both members are alone, they decide whether to acknowledge each other.
- 7 If a group member sees one of the facilitators in public, the facilitator will not acknowledge the group member first to protect the members' confidentiality.
- 8 If the group member chooses to greet the facilitator, the facilitator will respond but not engage the member in conversation.

No personal information will be shared unless the member signs a release of information form.

MANDATORY REPORTING PAGE

What is a Mandated Reporter?

A Mandated reporter is a person who, because of their profession, is legally required to report any suspicion of child abuse or neglect to the relevant authorities (“What is a Mandated Reporter?”). These laws are in place to prevent children from being abused and to end any possible abuse or neglect at the earliest possible stage. (“What is a Mandated Reporter?”).

Who is Considered a Mandated Reporter?

The official designation of which professions are mandated reporters varies from state to state. However, in most cases, the definition concerns anyone who works closely with a vulnerable population, such as children or the elderly. This typically includes social workers, teachers, health workers, childcare providers, law enforcement, mental health professionals, educators, and medical professionals. However, specific states hold that all citizens are mandated reporters. (“What is a Mandated Reporter?”).

Under What Circumstances Must Mandated Reporters Contact Authorities?

These standards vary from state to state, but the spirit of the laws is the same (“What is a Mandated Reporter?”). Mandated reporters should notify the proper authorities in any case they have reason to believe that a child is being abused or neglected or that the conditions in the home may result in abuse or neglect (“What is a Mandated Reporter?”). In most states, reports are anonymous, and there are no repercussions for making a report (“immunity for good faith reporting”). There is no reason not to err on the side of caution and report any suspicion that a child’s welfare may be at risk. At a minimum, a report must include all known information about the suspected abuse or neglect, along with any actions taken to assist the child and the reporter’s contact information (“What is a Mandated Reporter?”). If a child discloses abuse, you should report it to the proper authorities after assuring the child that you believe them and will take steps to help (“What is a Mandated Reporter?”).

What are the Responsibilities of Mandated Reporters?

While people in this category are required to report suspected abuse or neglect, they are not required to, and in fact should in no circumstances, serve as investigators (“What is a Mandated Reporter?”). That means there is no reason to ask the child questions or try to get to the bottom of the suspected abuse (“What is a Mandated Reporter?”). The correct action is to make a report so the trained authorities may investigate (“What is a Mandated Reporter?”). However, mandated reporters may collect information in support of their report, such as photographs or X-rays of any injuries (“What is a Mandated Reporter?”). It is typically not required to inform the child’s family that you have made a report (“What is a Mandated Reporter?”); however, those who work for a hospital or educational facility may be required to make such a notification depending on their jurisdiction (“What is a Mandated Reporter?”).

Remember that even if you are not considered a reporter in your state, you are still encouraged to report suspected child abuse and/or neglect (“What is a Mandated Reporter?”). For more extensive information about mandatory reporters, consult the federal Child Welfare Information Gateway publication:

<https://www.childwelfare.gov/>

EVALUATION PROCESS PAGE

Importance of Tracking

With any new program, it is essential to evaluate the effectiveness of the program and any progress made with personal growth and knowledge gained within the areas being evaluated. To evaluate this program's effectiveness and track member learning, an evaluation form will be handed out before the program begins and after the final session before class ends.

Evaluation Setup and “SHIFT” Acronym / Coding

Using the codes assigned to each chapter, the evaluation form will track the members through the five weeks. At the end of each question on the evaluation form, there will be one of five codes:

S: Strive

- » Strive to be limitless.

H: Honor

- » Honoring myself by honoring my thoughts.

I: Inspire

- » Inspiring others and being inspired by others.

F: Freedom

- » Freedom from the prison of my mind.

T: Transform

- » Transforming myself by transforming my thoughts.

These codes and questions will help determine each week's effectiveness and whether or not the chapters and activities created are working the way they should. This is why collecting the pre and post-evaluation forms is crucial, as is having them submitted back to Dynamic Family Solutions, LLC. During facilitator training, the address and other information will be provided regarding where and how forms can be submitted.

MINDFULNESS "THE POWERS OF THE MIND" EVALUATION FORM

Location of Program : _____ Date : _____

Race : _____ Age : _____

Gender : _____

<p>Please indicate how strongly you agree or disagree with the following statements by filling in the bubble underneath your selected answer. Fill in ONE bubble for each statement.</p>		<p><input type="checkbox"/> 1 Completely Agree</p> <p><input type="checkbox"/> 2 Mostly Agree</p> <p><input type="checkbox"/> 3 Slightly Agree</p> <p><input type="checkbox"/> 4 Neither Agree or Disagree</p> <p><input type="checkbox"/> 5 Slightly Disagree</p> <p><input type="checkbox"/> 6 Mostly Disagree</p> <p><input type="checkbox"/> 7 Completely Disagree</p>	
1	I am confident when I am communicating with others.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7	S
2	I am aware of how much my thoughts impact my life.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7	H
3	I can sit silently for 20 minutes with zero distractions and no phone.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7	F
4	I create and put more positivity into the world.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7	T
5	I can control my thoughts.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7	I
6	I can change my life by changing my thoughts.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7	F
7	I do have something to offer the world.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7	T

8	I am motivated to change.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7	I
9	I am open to learning new things outside my comfort zone.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7	S
10	I can positively manage my negative thoughts.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7	H
11	I look at difficult moments as a challenge instead of a crisis.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7	I
12	I understand how powerful I am.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7	F
13	I am grateful for my life.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7	S
14	I find ways to surround myself with more positives than negatives.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7	H
15	I can change my life right now.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7	T
16	I am resilient.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7	T
17	I have a positive outlook on life.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7	S
18	I can imagine and create the world I want to see in my mind.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7	I
19	I take time to focus on myself.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7	F
20	My thoughts determine my actions.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7	H

PRESENTING THE MATERIALS PAGE

Program Objective

The objectives of this program are designed to help inform youth of healthy life skills that can essentially set them up for a successful and sustainable future. Activities are designed to educate, instill, and provide youth with different tools and skills that allow them to see a viable path to get to where they want to be.

Course Layout

This program will be a five-week curriculum with 90 minutes of weekly class instruction. Participants will have activity work and journal prompts throughout. Surveys will also be given at the beginning of the five weeks and at the end of the five weeks to measure outcomes. At the beginning of each session, a list of vocabulary words will pair with the talking points for each activity for that week. Participants can go back and fill in the definitions of the vocabulary words as they find them in the talking points.

Activities

Each week has three talking points paired with an activity for each talking point. The facilitator should allow 30 minutes for each talking point and activity, leaving a total of 90 minutes for each week to be completed. Each activity is designed to get youth thinking about their life, choices, and futures and take a deep dive into who they really are instead of who they really want to be. The facilitator will read the talking point first and go on with the activity after filling in the vocabulary words as they come across them in the talking points. Everything the facilitator needs is in this workbook. We aim to make this curriculum as simple and user-friendly as possible.

It should also be known and stated that we do not claim to help cure any condition or disease. We do not provide medical aid or nutrition advice for health or disease or claim to be doctors or dietitians. We are not stock advisors, loan experts, home mortgage consultants, or financial experts and are not advising, stating, declaring best practices, or advising on what you should do.

Everything within this book and all curriculum resources and materials are utilized to provide information and to help facilitate discussions on topics that individuals should be aware of and understand before making decisions. As always, you should do your research, talk with experts, and seek out as much advice on these issues as possible to make the clearest decision about what works best for you and your situation with where you are at in life.

5 SESSIONS, 15 ACTIVITIES

These lessons are designed to get youth to learn five essential areas within life that teach skillsets that, as an adult, are fundamental to understanding and helping individuals grow into who they want to become and create the life they wish to see.

SESSION ONE

HOW OPEN-MINDED ARE YOU?



SESSION TWO

WHAT'S IN YOUR HEAD?



SESSION THREE

EXPANDING YOUR HORIZON



SESSION FOUR

CONTROL YOUR MIND, CONTROL YOUR LIFE



SESSION FIVE

WHAT WILL YOU BE KNOWN FOR?



SESSION ONE

HOW OPEN-MINDED ARE YOU?



SESSION ONE: HOW OPEN-MINDED ARE YOU?



Activity # 1 (30 minutes)

HOW FAR CAN YOU SEE?

Purpose: To teach individuals to explore alternative views while challenging their perceptions and beliefs.



Activity # 2 (30 minutes)

OPINION OR FACT?

Purpose: To teach individuals to explore how they come to believe what they believe and the process of getting there.



Activity # 3 (30 minutes)

HOW WELL DO YOU LISTEN?

Purpose: Teach individuals to explore what it means to truly listen and have the other person feel validated and understood.

DEFINITIONS WORKSHEET

Please define each of these words or phrases:

1 Seek –

2 Tunnel Vision –

3 Wisdom –

4 Open / Closed Minded –

With the words and phrases you defined above, use each word or phrase in a paragraph to describe how you have seen each of these in your own life.

Seek

Tunnel Vision

Wisdom

Open / Closed Minded

HOW FAR CAN YOU SEE?

Objective

To teach individuals to explore alternative views while challenging their perceptions and beliefs.

Talking Points

“THE MORE I LEARN, THE MORE I REALIZE
HOW LITTLE I DON'T KNOW.”

- Albert Einstein

- » How narrow is your view?
- » Would you consider yourself someone who is open-minded?
- » Do you enjoy being challenged?
- » Are you open to change?
- » How do you handle conflict?
- » Do you **seek** to understand other viewpoints
- » and **perspectives**?

Be honest with yourself as you answer these questions.

- » Did you know that in some countries, women are considered to be less than men? In some countries, girls cannot even get an education. In some countries, kids are slaves of labor
- » and other horrific things.
- » Did you know in some countries, everything closes in the late afternoon so everyone can go home and nap?

The world was once **believed** to be flat. It was thought that you would fall off the world if you came to the end of it. Just splat! Done for! It wasn't until the mid-1800s that doctors started to wash their hands between seeing patients, surgeries, etc. Can you **believe** that? Doctors used to go from brain surgery to delivering a baby without washing their hands. Crazy stuff, right?

All these things took time and the persuasion of others to implement change and the way we once did things. Some things are still unchanged. Unfortunately.

But think about that. Some things were once **believed** to be true to completely untrue. Or, just a completely different way of thinking about something.

You are in danger if you **believe** that you know everything there is to know. You are in danger if you think you are always right. You are in

danger

if you believe you are the smartest person around.

“YOU ARE THE AVERAGE OF THE FIVE
PEOPLE YOU SPEND THE MOST TIME
WITH.”

- Jim Rohn

There is a quote that goes something like, “If you are the smartest person in the room, then you need to find a different room.” I say that if you are the smartest person in your group of friends or those you hang around with, it is time to find someone smarter than you. Why, you say? So that you can always learn from and be mentored by someone. Older, wiser people give youth a gift no one your age can give you. Do you know what that gift is called? It is wisdom. Wisdom comes from life experience alone. And the only way to gain life experience is to experience life. A big part of that comes with age.

How often do you listen to those older than you? How often do you ask questions and are curious about those older than you? Have you ever thought about how much knowledge you can learn from your elders? From a book? From a teacher? From learning about the world? About history? It is really never-ending.

So, I will ask you again: How narrow is your view?

Discover Which Type of Communication Style YOU USE THE MOST

Instructions: Please read each statement and select the answer that best describes how you would communicate in that situation.

- 1 When you disagree with someone, how do you typically express your opinion?
 - » I state my opinion clearly and provide reasons to support it.
 - » I avoid conflict by keeping my opinion to myself.
 - » I express my opinion indirectly or ambiguously.
 - » I become argumentative and try to prove the other person wrong.
- 2 When you receive criticism or negative feedback, how do you typically respond?
 - » I listen carefully and try to understand the other person's perspective.
 - » I become defensive and try to justify my actions or behavior.
 - » I apologize and try to make things right, even if I don't necessarily agree with the criticism.
 - » I become upset or resentful and express my dissatisfaction indirectly.
- 3 When you are in a group discussion, how do you typically contribute?
 - » I actively participate by sharing my ideas and asking questions.
 - » I listen attentively and take notes.
 - » I tend to be quiet and only speak up if I have something important to say.
 - » I tend to dominate the conversation and interrupt others.
- 4 When you need help or assistance from someone, how do you typically ask for it?
 - » I am direct and clear about what I need and ask for it politely.
 - » I tend to drop hints or hope that the other person will offer to help.
 - » I tend to apologize for needing help and downplay my own needs.
 - » I express my need for help indirectly or vaguely.
- 5 When you are in a conflict with someone, how do you typically try to resolve it?
 - » I communicate openly and honestly with the other person to find a solution.
 - » I avoid the conflict and hope that it goes away on its own.
 - » I become angry or upset and express my feelings indirectly.
 - » I seek the help of a mediator or authority figure to resolve the conflict.

Scoring: Assign 1 point for each (a) response, 2 points for each (b) response, 3 points for each (c) response, and 4 points for each (d) response.

Interpretation: After completing this survey, add your points for each question to determine your dominant communication style.

A lower total score indicates a more direct and assertive communication style, while a higher score indicates a more passive or indirect one. Remember, everyone has their own unique communication style.

Examples of Each Style of Communication

Direct/Assertive Communication Style:

- » A student asks their teacher for clarification on a topic they didn't understand in class, saying, "Excuse me, can you explain that again? I'm having trouble understanding."
- » A student tells their friend they can't make it to their birthday party because they already have plans, saying, "I wish I could make it, but I already promised my family we would do something together that day."
- » When bullied, a student stands up for themselves by telling the bully to stop, saying, "I don't appreciate how you're talking to me. Please leave me alone."

Passive Communication Style:

- » A student doesn't speak up when they're struggling with a class assignment because they're afraid of asking for help. A student agrees to do a group project even though they disagree with
- » the direction the group is taking, because they don't want to rock the boat.
- » A student ignores texts and calls from a friend they're upset with instead of addressing the issue directly.

Aggressive Communication Style:

- » A student argues with a teacher about a grade they received, yelling and refusing to listen to the teacher's explanation.
- » A student confronts a friend about something they did that the student didn't like, using insults and derogatory language.
- » A student pushes past others in the hallway to get to class, shoving and using physical force.

Passive-Aggressive Communication Style:

- » A student agrees to go to prom with someone they don't like but then spends the whole night ignoring them and dancing with others.
- » A student posts a cryptic message on social media about how they can't trust anyone anymore, even though they know the post will be seen by the person they're upset with.
- » A student tells a group member they will do their part of a project but then procrastinates and rushes the work, so it's not up to standard.

How Well Do You Communicate?

Communication styles

- 1 Assertive communication involves expressing your needs, wants, and opinions clearly and respectfully. It involves being confident and standing up for yourself while also respecting the needs and rights of others.
- 2 Aggressive communication involves expressing your needs, wants, and opinions forcefully, disrespectfully, and potentially threateningly. This communication style often involves dominating others and ignoring their needs and opinions.
- 3 Passive communication involves avoiding conflict and expressing your needs, wants, and opinions indirectly or apologetically. This communication style often involves sacrificing your own needs and opinions for the sake of others.
- 4 Passive-aggressive communication involves expressing your needs, wants, and opinions indirectly or ambiguously while engaging in hostile or manipulative behaviors. This communication style often involves saying one thing while meaning another, leading to confusion and frustration for others.

It's important to note that these communication styles can vary depending on cultural and individual differences and that a person may use different styles in different situations.

Taboo, divided, and controversial topics

» When it comes to heated topics, issues, or things beyond our grasp, how well do we communicate or express ourselves, or how shut down do we become?

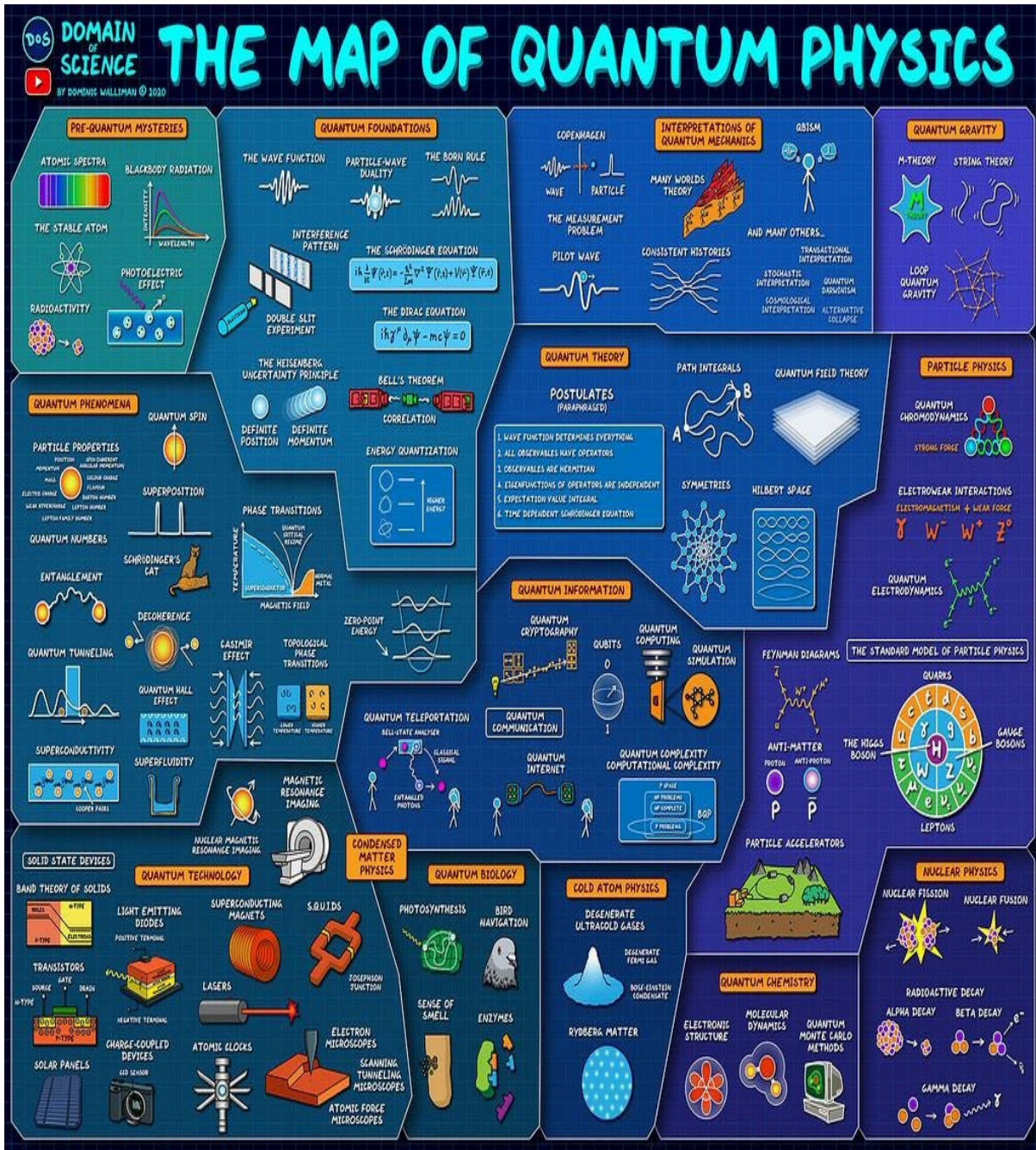
» When teaching someone something new, how do you see yourself communicating, and does it make others close down or want to open up?

» How on the defensive or shut down do you get when it comes to complex issues, topics, or learning?

How well do you communicate on heated or dividing topics?

- 1 Religion: life after death, heaven, hell, reincarnation. What is out there?
- 2 Quantum physics: string theory, alternate universes, multiple dimensions
- 3 Aliens or extraterrestrial life: Do they exist, and are they out there or living amongst us?
- 4 Ghosts and guardian angels: What goes bump in the night? Are they looking after you?
- 5 Politics: Enough said.
- 6 Who is your favorite celebrity?

Look at the photo. How many of you have already immediately checked out or stopped wanting to learn or go further?



Discussion Questions

- 1 How often do you listen to those older than you?
- 2 Have you ever had a time when you were trying to explain something to someone else, and they could not understand what you were saying? How do you see yourself reacting in moments like that? Do you become dismissive and argumentative, or how do you notice yourself reacting?
- 3 How often do you ask questions and are curious about those older than you?
- 4 Have you ever considered how much knowledge you can learn from your elders? From a book? From a teacher? From learning about the world? About history?
- 5 How narrow is your view?
- 6 Do you enjoy being challenged?
- 7 Are you open to being challenged?
- 8 Are you open to change?
- 9 How do you handle conflict? Do you avoid or fix it?
- 10 Do you seek to understand other viewpoints or perspectives?

OPINION OR FACT?

Objective

To teach individuals to explore how they come to believe what they believe and the process of getting there.

Talking Points

“WATCH YOUR THOUGHTS; THEY BECOME WORDS. WATCH YOUR WORDS; THEY BECOME ACTIONS. WATCH YOUR ACTIONS; THEY BECOME HABITS. WATCH YOUR HABITS; THEY BECOME CHARACTER.” - Lao Tze

So, what do you think? Do you **believe** that what you are thinking has that much of an **impact** on you? It has so much **impact** that it is enough to affect what you do. Or that it actually is the prerequisite to what you end up doing?

I mean, think about it. Really think about it. How do you form an opinion on a topic or issue? Are you someone who **believes** what the masses **believe**, or are you someone who digs deeper into an issue, looking at all sides, to come to your *own* opinion on an issue? And if you come to an opinion that is not well received, how does that affect you or make you feel?

Thinking about something and coming up with our own opinion on something scares the crap out of some people. And, it is work. It is work to do research and learn about an issue. It is easy to read or listen to what someone else thinks and believes and then to adopt it as our own thought. Lots of people do the latter. But why? Why do we do what is easiest? This topic reminds me of learning how to spot fake news. Fake news is news that is fake.

The definition is so simple, yet we are fooled by fake news constantly. How, you ask? Not many take the time to click on the link to read more about the headline they come across, and not many take the time to dig deeper into the article to see where it came from and if the story is accurate. Headlines fool us often. We can come across very assertive, outspoken people, and because of their personality, we believe what they say because of how they say it.

It is another area where we are in danger. We don't want to be malleable in our beliefs and opinions to the world or the majority's without doing our research or due diligence on the topic.

To simply believe what we read and what we hear causes blindness. There is danger in that.

There is a great book titled “1984” by George Orwell about this very matter. In this book, there are the Thought Police. The Thought Police, in the novel, punish people who have thoughts that are unapproved by the regime. It is about the government controlling every part of our lives, even our thoughts. Hence, the Thought Police. We must be careful about social media or certain publications we read.

This is where we must be willing to try to learn more about certain issues or even learn about an issue we disagree with. Whether we change our viewpoint or not, we still learn when we learn about a topic we disagree with. And like we just learned in the previous talking point, the more we learn, the more we realize how little we actually know.

Discussion Questions

- 1 Do you **believe** your thoughts hold that much power?
- 2 Do you **believe** that by changing your thoughts, you can change your life?
- 3 Do you read articles, or are you a headline reader?
- 4 How do you form an opinion on a topic or issue?
- 5 Are you someone who **believes** what the masses **believe**, or are you someone who digs deeper into an issue, looking at all sides, to come to your *own* opinion on an issue?
- 6 If you come to a poorly received opinion, how does that affect you or make you feel?
- 7 Are you someone who takes the path of least resistance, or do you like to be challenged?
- 8 If you like to be challenged, what about the challenge do you like?
- 9 Do you like being physically or mentally challenged, both or neither?
- 10 Do you think it is hard to think for yourself in this day and age?

HOW WELL DO YOU LISTEN?

Objective

Teach individuals to explore what it means to truly listen and have the other person feel validated and understood.

Talking Points

Have you heard of or know the phrase to have **Tunnel Vision**? **Tunnel Vision** is having a narrow **focus**. Sometimes, it is so debilitating in criminal investigations that it causes innocent people to be wrongly accused of a crime they did not commit. And, even though there is evidence that suggests another person was involved or is involved or that the person accused did not do it due to tunnel vision, it leads us to conclusions that may feel right but are logically wrong, in a nutshell.

If I were to ask you if you are **open-minded** or close-minded, what would you consider yourself?

Bruce Lee shares a short story I will that paraphrase. The story starts with a young man talking to a Zen teacher. The teacher tries to share several life philosophies, but the young man keeps interrupting the teacher with his own opinions and views on the stories.

The Zen teacher fills the young man's cup with water and continues to fill it up, even as it is overflowing. Finally the young man shouts, "Enough!"

The teacher asks, "How can you taste my tea if you cannot empty your cup?" Bruce Lee says, "To taste my cup of water, you must first empty your cup. My friend, drop all your preconceived and fixed ideas and be neutral.

Do you know why a cup is useful? Because it is empty."

How often do we not listen to someone else simply because their views differ from ours? Or, how often are we planning what we will say in response to someone talking instead of genuinely listening to them and trying to understand their point of view?

A young boy and a young girl were talking in their early twenties. One was an atheist, and one was a **believer** in God. They both got into a tremendous, in-depth conversation about religion. They both listened to each other and asked each other questions about their viewpoints. The conversation remained calm and civil. Afterward, the atheist said, "Wow. I have never had a conversation with someone who **believed** in God and stayed calm, and it didn't turn into an argument."

That is being open-minded. It is an excellent picture of listening and understanding even if we disagree. It is not about trying to change one's point of view; instead, it is about learning about each other and each other's personal views in connection to the world.

"The problem with close-minded people is that their mouth is always open." Unknown

Maybe the question we should ask ourselves isn't if we are **open-minded** or close-minded. Instead, maybe the question we should ask ourselves is how much do we talk and how much do we listen.

Discussion Questions

- 1 If I were to ask you if you are **open-minded** or close-minded, what would you consider yourself?
- 2 How much do you talk, and how much do you listen? What would your friends say?
- 3 Can you think of a time when you had **Tunnel vision** on an issue?
- 4 Read the story by Bruce Lee again. What are your thoughts on it?
- 5 Is being **open-minded** difficult for some of you?
- 6 What are your thoughts on the quote, “The problem with close-minded people is that their mouth is always open”?
- 7 Do you enjoy learning independently, or would you rather have someone teach you?
- 8 Could you have a civil conversation with someone who disagrees with you on a topic? Be honest.
- 9 Do you see the value in listening to others even if you disagree with what they say?
- 10 Do you ever go with what your gut says over logic? Why or why not?

SESSION TWO

WHAT'S IN YOUR HEAD?



SESSION TWO: WHAT'S IN YOUR HEAD?



Activity #1 (30 minutes)

WHICH WOLF ARE YOU FEEDING?

Purpose: Teach individuals how much our mind impacts the way we live.



Activity #2 (30 minutes)

IS YOUR MIND THE OBSTACLE?

Purpose: Teach individuals how much our mind gets in our way, dissecting the good, the bad, and the Ugly.



Activity #3 (30 minutes)

HOW RICH ARE YOU?

Purpose: Teach individuals the power of a simple mind shift.

DEFINITIONS WORKSHEET

Please define each of these words or phrases:

1 Document –

2 Believe –

3 Power –

4 Mantra –

With the words and phrases you defined above, use each word or phrase in a paragraph to describe how you have seen each of these in your own life.

Document _____

Believe _____

Positive Thought _____

Negative Thought _____

WHICH WOLF ARE YOU FEEDING?

Objective

Teach individuals how much our mind impacts the way we live.

Talking Points

“ONCE YOU REPLACE NEGATIVE THOUGHTS WITH POSITIVE ONES, YOU WILL START HAVING POSITIVE RESULTS.”

- Willie Nelson

- » What is going on in your head?
- » What do your thoughts tell you?
- » What do you **believe** about yourself?

There is a Native American parable I want to share with you:

An old Cherokee is teaching his grandson about life. “A fight is going on inside me,” he told the boy. “It is a terrible fight, and it is between two wolves. One is evil—he has anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

He continued, “The other is good - he has joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you and every other person, too.”

The grandson thought about it briefly and then asked his grandfather, “Which wolf will win?”

The old Cherokee replied, “The one you feed.” So, the question is, which one are you feeding?

Which wolf are you giving more **power** to?



The average person has about 12,000-60,000 thoughts per day. That’s a lot. Of those, 80% are negative! This is according to the National Science Foundation. And 95% are repetitive thoughts. Isn’t this crazy to think about?! Eighty percent of our thoughts are negative, and the majority of our thoughts are repetitive. We are negatively thinking a ton. Like, way too much.

Our minds have so much power. We don’t even begin to tap into all the power they have. It does start with what we are thinking. If we can control our thoughts and turn those negative thoughts into positive, uplifting, encouraging thoughts, we can turn our whole life around. “The body can handle anything. It’s the mind that needs training.” Unknown

Getting Things Sorted Out

These logs are designed to track three main areas in our lives: our mental, physical, and nutritional wellbeing. These three areas are important to monitor for our overall wellbeing.

Daily Wellness Log

Daily Affirmation	Daily Tracker
.....	Water Tracker  Exercise Log
Today I am grateful for:	Mood Tracker 
1.	Meals Breakfast Lunch Dinner Snacks Drinks
Things I can do to make today great:	Great things that happened today:
1.	1.
2.	2.
3.	3.
Thoughts and Reflections	
.....	

Daily Wellness Log

Daily Affirmation ✕

Today I am grateful for: ✕

1. _____

2. _____

3. _____


Things I can do to make today great: ✕

1. _____


2. _____

3. _____

Daily Tracker ✕

Water Tracker 

Exercise Log _____

Mood Tracker 

Meals

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Drinks _____

Great things that happened today: ✕

1. _____

2. _____

3. _____

Thoughts and Reflections ✕

Thoughts / Feelings / Date & Time

These are 20 daily journaling questions to get into the habit of thinking of and starting the morning and day with. Take some time each day, morning, or even before you go to bed to answer one or two of these questions.

- 1 How did you feel when you woke up this morning?
- 3 What thoughts were on your mind as you started your day?
- 5 Did you encounter any obstacles or challenges today?
- How did you handle any difficult situations that arose?
- Did you have any significant conversations today? If so, with whom and what did you discuss?
- Did you learn anything new today? If so, what was it?
- 7 What was the highlight of your day?
- 9 Did you experience any strong emotions today? If so, what were they?
- What did you do to take care of yourself today?
- 12 Were there any moments today where you felt proud of yourself?
- 14 Did you experience any moments of joy or happiness today?
- 16 Did you have any moments of sadness or disappointment today?
- 18 What did you do to manage your stress or anxiety today?
- Did you connect with anyone important to you today?
- Did you experience any conflicts or misunderstandings with anyone today?
- How did you spend your leisure time today?
- Did you eat any meals that made you feel nourished and energized today?
- What were the major tasks you accomplished today?
- What were your top priorities for today?
- What are you looking forward to tomorrow?

Discussion Questions

- 1 What is going on in your head?
- 2 What do your thoughts tell you?
- 3 What do you believe about yourself?
- 4 What do you think about the statistic that says 80% of our daily thoughts are negative?
- 5 What do you think about the statistic saying our daily thoughts are repetitive? And what does that mean if the majority are negative?!
- 6 Do you think it is easy to turn our thoughts around from negative to positive ones?
- 7 Does anyone want to share ways they have been able to conquer this?
- 8 What do you think of the quote, "The body can handle anything. It's the mind that needs training,"?
- 9 Have you ever driven yourself past the point you thought you could physically go? What was it like if so?
- 10 Do you believe your thoughts can change your life?

IS YOUR MIND THE OBSTACLE?

Objective

Teach individuals how much our mind gets in our way, dissecting the good, the bad, and the Ugly.

Talking Points

The happiness of your life depends on the quality of your thoughts. ~Marcus Aurelius

Her alarm went off at 5 a.m. on Saturday. She rolled over, pushed snooze on her phone, and returned to bed. Her alarm went off fifteen minutes later, and she did the same thing. She kept telling herself; *I will get up next time, just ten more minutes of sleep. I don't want to, I will do it later, so tired, this sucks....* She kept doing this until it was 7 a.m., and then it was too late. She missed her morning run with her cross-country team. When she got to school, she was asked where she was and what happened, which put her in a bad mood since she didn't have a great reason to miss practice.

Her alarm went off at 5 a.m. She rolled over to turn it off, sat up, turned to put her feet on the floor, and stood up. She went to the bathroom, got ready for her run, and headed out the door, grabbing a banana on her way out. She made it to practice with her cross-country team. Feeling energized from a great run and her high endorphins, she got to school that morning and was ready for a wonderful day.

How often do we get in our way? We may blame it on external factors when our own internal factors (thoughts) contributed to it. And yes, there may be external factors that contribute to our choices, but we still have the **power** to choose what we do when it comes to bettering ourselves and learning to get out of our own way.

We need cheerleaders in our lives; for some of us, we don't have any, including ourselves. We are our own worst critic. The beautiful realization is that we can change that. We can become our greatest cheerleader.

It is never too late to be what you might have been. ~ George Eliot

- » Are you willing to go to battle with your thoughts?
- » Are you willing to fight yourself?

True strength and true **power** come in our response to just about anything.

Whatever life throws at you, whatever someone says to you, your response determines what happens next. It is not the other person; it is not the outcome of the situation; it is your response. To all of it.

The response is your responsibility. Interesting how response is part of the word responsibility.

Sometimes, the biggest obstacle is ourselves. And that is such a difficult pill to swallow. It puts us back in **control** and the responsibility back on us when we are trying to evade **control** and responsibility for where we are and what is stopping us from moving forward.

The realization is a slap across the face.

Discussion Questions

- 1 Are you willing to go to battle with your thoughts?
- 2 Are you willing to fight yourself?
- 3 Do you have cheerleaders in your life? Who are they?
- 4 Have you ever had to be your own cheerleader? What is it like to be your own cheerleader?
- 5 What do you think of the quote, "It is never too late to be what you might have been"?
- 6 What do you think about the statement, "True strength and true **power** come in our response to just about anything"?
- 7 Do you find yourself being the most significant obstacle for not doing things?
- 8 Does anyone want to share a real-life example of themselves being the obstacle?
- 9 Does anyone want to share a real-life example of going to battle with your thoughts?
- 10 Do you **believe** everything traces back to our thoughts?

HOW RICH ARE YOU?

Objective

Teach individuals the power of a simple mind shift.

Talking Points

I practice a mantra whenever I must do something that makes me uncomfortable or even a little scared. Mine is, "I can do hard things." I will repeat this over and over in my head as I am minutes from doing the thing that is causing me fear or discomfort.

Do you have something like this? Do you use a tool like this?

It is a well-known tool used by athletes. Every day people use these, but you will often hear **mantras** used more in sports. Very successful business owners use **mantras** as well. You will learn more about the **mantras** some of these people use in the activity portion of this section.

So, what is a **mantra**? A **mantra** is a short saying or quote that you adapt to yourself, that inspires you, motivates you, encourages you, and lifts you up when you need some extra courage. A simple **mantra** can create a huge mind shift. One little quote. One little saying. It is amazing what our mind can do if we utilize its power.

- » Do you want a life rich with experiences?
- » Do you want a life rich with happiness?
- » Do you want a life rich with love?
- » Rich with money?
- » Rich with relationships and connection?
- » Rich with courage?

Whatever it is. You can have a life rich with it. And a **mantra** is a great place to start getting the ball rolling. It is so straightforward, but most people don't have one. Most don't use one.

If our mind is so **powerful**, and it is, then it is time to use it. It is time to take control of our minds. Don't let the world **control** your thoughts, feelings, and desires. *You* take ownership of it, and *you control* your mind. It starts with a simple **mantra**.

It almost sounds unbelievable and completely unreal. But I am going to challenge you to try it. Use it when you are feeling fearful or need extra courage. Repeat it over and over in your head as you walk towards that thing that is creating fear in you. You have the power. Use a **mantra**.

HAT'S YOUR MANTRA



What Motivates You?

Mantras are powerful tools that successful people use to stay motivated, focused, and on track with their goals. Here are ten commonly used mantras by successful people and leaders:

- 1 “I am capable of achieving anything I set my mind to.” This **mantra** is all about the **power** of belief and self-confidence.
- 2 “Work smarter, not harder.” This **mantra** encourages people to **focus** on efficiency and productivity rather than working longer hours.
- 3 “Embrace failure as a stepping stone to success.” Successful people understand that failure is an inevitable part of the journey to success.
- 4 “The only way to do great work is to love what you do.” This **mantra** emphasizes the importance of finding passion and purpose in your work.
- 5 “Stay focused, stay disciplined.” This **mantra** reminds people to stay committed to their goals and maintain a strong work ethic.
- 6 “Think outside the box.” Successful people understand that innovation and creativity are key drivers of success.
- 7 “Take action every day towards your goals.” This **mantra** encourages people to stay consistent in their efforts and make progress towards their goals every day.
- 8 “Stay hungry, stay humble.” This **mantra** reminds people to remain humble and grounded even as they achieve great success.
- 9 “Be the change you wish to see in the world.” This **mantra** encourages people to take responsibility for creating positive change in the world.
- 10 “Success is a journey, not a destination.” This **mantra** emphasizes the importance of enjoying the journey and learning from the ups and downs.

With each of these **mantras**, you will work towards creating and structuring a new narrative and story about yourself, how you see yourself, and what you envision for yourself and who you are.

Mantras of Highly Successful People

- 1 Oprah Winfrey - One of Oprah's **mantras** is, "The greatest discovery of all time is that a person can change his future by merely changing his attitude." Oprah's own life is a testament to the power of this **mantra**. Despite a difficult childhood and numerous setbacks, Oprah achieved incredible success through her positive attitude and determination.
- 2 Elon Musk - One of Elon Musk's **mantras** is "The first step is to establish that something is possible; then probability will occur." This **mantra** reflects Musk's problem-solving approach and willingness to take on seemingly impossible challenges. Through his work with SpaceX, Tesla, and other companies, Musk has revolutionized several industries and inspired others to think big.
- 3 J.K. Rowling - One of J.K. Rowling's **mantras** is "Rock bottom became the solid foundation on which I rebuilt my life." This **mantra** reflects Rowling's own experience of hitting rock bottom before achieving incredible success with the Harry Potter series. Despite facing numerous rejections and setbacks, Rowling pursued her dream, ultimately creating one of the most successful franchises in history.
- 4 Michael Jordan - One of Michael Jordan's **mantras** is "I can accept failure; everyone fails at something. But I can't accept not trying." This **mantra** reflects Jordan's approach to success, which involves a relentless work ethic and a refusal to give up in the face of failure. Through his dedication to his craft, Jordan became one of the greatest basketball players of all time.
- 5 Malala Yousafzai - One of Malala's **mantras** is "One child, one teacher, one book, and one pen can change the world." This **mantra** reflects Malala's passion for education and her belief in the **power** of knowledge to create positive change in the world. Despite facing violence and persecution for her activism, Malala has continued to advocate for education and inspire others to join her cause.

Mantra Challenge

Your turn: can you create and develop six of your own **mantras** or creatively create one life **mantra** to hold onto, like Oprah and the other successful individuals on the list?

Can you find some new **mantras** or look up your favorite celebrity or role model's **mantra** to have and write out and use for daily inspiration?



Discussion Questions

- 1 Do you have a **mantra** you use? What is it?
- 2 Can anyone share an example of using their **mantra**?
- 3 What do you think of having a “rich” life? Would you like one?
- 4 How would you describe your rich life?
- 5 Does anyone have other tools they use other than a **mantra**? What are they?
- 6 Do you have **control** over your life? Who does if you don't?
- 7 Do you **believe** you have the **power** to take **control** of your life?
- 8 Do you hold yourself accountable when you mess up?
- 9 Do you take responsibility for your actions when you mess up?
- 10 Do you **believe** your thoughts can change your life?

SESSION THREE

EXPANDING YOUR HORIZON



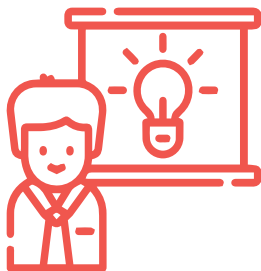
SESSION THREE: EXPANDING YOUR HORIZON



Activity #1 (30 minutes)

HOW BIG ARE YOU DREAMING?

Purpose: Explore the depth of our dreams: the good, the bad, and the ugly. Teach Individuals the power of a simple mind shift.



Activity #2 (30 minutes)

LIMITED OR LIMITLESS?

Purpose: Exploring the limitations we place upon ourselves.



Activity #3 (30 minutes)

ARE YOU SHIFTING?

Purpose: Explore how a simple shift in our story can shift everything else in life.

DEFINITIONS WORKSHEET

Please define each of these words or phrases:

1 Dreams –

2 Mind Shift -

3 Character –

4 Control –

With the words and phrases you defined above, use each word or phrase in a paragraph to describe how you have seen each of these in your own life.

Dreams _____

Mind Shift _____

Character _____

Control _____

HOW BIG ARE YOU DREAMING?

Objective

Explore the depth of our dreams: the good, the bad, and the ugly. Teach Individuals the power of a simple mind shift.

Talking Points

"YOU'RE OFF TO GREAT PLACES! TODAY IS YOUR DAY! YOUR MOUNTAIN IS WAITING. SO... GET ON YOUR WAY!"

- Dr. Suess

Each morning you open your eyes, what is your first thought? Is it a groan about the day that lies ahead, or is it a smile about it?

Believe it or not, some people make their bed each morning when they wake up—each morning. After using the bathroom, they may next head to the kitchen to grab a cup of coffee. Hot coffee cup in hand, they look out the window to catch the sun rising while thinking about the day before them and how fortunate they are to have woken up and been granted another day to be alive and go after their **dreams**. Because this is what each day is. It is a gift we have been given. First thing each morning.

TOMORROW IS A MYSTERY. TODAY IS A GIFT. THAT'S WHY WE CALL IT "THE PRESENT."

- Eleanor Roosevelt

The question is, what are you doing with your present?

Since tomorrow is not granted, we must do our best to treat each day as if it were our last.

Because it very well could be. Instead, most of us spend our days wishing away what we could be working towards today. We spend our days glued to our screens, face down in our phones, while the world and our **dreams** pass us by. Literally. We finally look up one day and realize we are older and haven't done much outside our little bubble and world. Then we complain about it and wonder why we haven't moved from the spot we are in.

Two things will change who you are: the people you meet and the books you read. ~Unknown

If we aren't out there chasing our **dreams**, meeting new people, seeing new things, going on new adventures, creating ideas from inspiration, reading books that will teach us new things, and challenging ourselves, how will we ever change?

If we can't put in the discipline that it takes to do these things now, what makes us think we will be able to get to where we want to go later?

Everything takes work. And not just work. Hard work. It takes sweat. It takes tears. It takes doing things at times you would rather not be doing those things. It takes picking gratification later when everyone else is picking instant gratification now.

Each day is a new adventure we can set out on. There are things to see and places to go. People to meet. Lives to change. A world to see.

What Dreams Are You Bringing to Life or Creating? What Vacations or Place Would You Want to Visit or Even Maybe Live?

PARIS, FRANCE

ONE OF THE MOST BEAUTIFUL PLACES AROUND WITH SO MUCH RICH HISTORY. FROM THE CATHÉDRALE NOTRE-DAME, TO THE LOUVRE, AND MUSEUM ARCADE TRIOMPHE COME EXPERIENCE IT ALL



YOUR ADVENTURE AWAITS **EIFFEL TOWER**

AUSTRALIAN SAFARI

NIGHT TOUR
Watch the Lions, Zebras and Elephants roam the savanna at night under a starry sky. The most beautiful view you'll ever witness.

WEEKEND TRIP
Escape to the wilderness and make memories that will last a lifetime. Fully guided one-on-one tours for the most remote places around.

MEET ANIMALS
Australia is known for having some of the most amazing animals anywhere on the planet. Kangaroos, Emus, Koalas, Tasmanian Devils, Wombats, Dingoes, Quokkas.

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What Kind of Car or Vehicle do You Want to Own?



What House Do You See Yourself Living In?



What Do You Want to Learn / Explore / Discover?



What do you want to Achieve or Accomplish?



What are You Dreaming Or Envisioning for Yourself?

?????

Discussion Questions

- 1 Each morning you open your eyes, what is your first thought? Is it a groan about the day that lies ahead, or is it a smile about it?
- 2 What are you doing with your “present”?
- 3 Do you view each day as a gift? Why or why not?
- 4 Do you take your life for granted, or do your best to embrace the day?
- 5 What does the quote, “There are two things that will change who you are: the people you meet and the books you read,” mean to you? Do you agree with it?
- 6 What does “living” mean to you?
- 7 Are you someone who likes instant gratification or delayed gratification?
- 8 Do you view each day as a new adventure?
- 9 What does discipline mean to you? How important is it to you?
- 10 Do you believe it pays off? Why or why not?

LIMITED OR LIMITLESS?

Objective

Exploring the limitations we place upon ourselves.

Talking Points

Have you ever heard of learned helplessness? Learned helplessness is the behavior one has after repeatedly being negatively reinforced by something out of one's **control**. Martin Seligman, an American psychologist, ran experiments to learn more about this term. In one of his experiments, he had three groups of dogs. The dogs in Group 1 were put in a harness for a period and released later.

The dogs in Group 2 were given electric shocks at random times but could stop the electric shock by pressing a lever down. The dogs in Group 3 were paired with the dogs in Group 2, but the dogs in Group 3 could not end the shock by pressing their lever down. The shock only ended when the dogs in Group 2 pressed the lever down, so the dogs in Group 3 thought the shock ended randomly, with no connection to them ending it on their own. For the dogs in Group 3, the pain of the shock was inescapable.

In the second part of this experiment, all the dogs were grouped in a rectangular box with a middle partition that the dogs could easily jump over. One side of the box would shock all the dogs, but the dogs could easily escape the shock by jumping over the partition to the other side without a shock. All the dogs in the previous Groups 1 and 2 learned quickly that they could escape the shock by jumping over the partition to the other side. Unfortunately, most of the dogs in the previous Group 3 gave up, laid down, and whined when shocked.

They had learned in the previous experiment that nothing they did would end the shock. This is learned helplessness.

YOU DON'T HAVE TO KNOW HOW YOU WILL ACCOMPLISH YOUR GOALS; YOU JUST HAVE TO KNOW THAT YOU WILL.

- Unknown

When it comes to **dreaming**, how big do you **dream**? Are you a reach for the moon, and even if you miss, at least you will land among the stars type of person? Or are you a that will never happen to me type of person?

WHY NOT YOU? - Unknown

Instead of thinking, "What is the worst that could happen," what about asking yourself, "What is the best that could happen?"

A simple **mind shift** is what it takes. Do we let others **decide** for us our future, or do we **decide** for ourselves our future? No one else on this planet is above you or below you as a human being. We may start at different starting points, but we all have the power to change our lives by simply changing our minds. It may be more difficult and time-consuming and more work for some to get to the top, but once you are there, the traffic is lighter. Trust me.

LIMITED TO LIMITLESS

I STATEMENTS AND LIMITED BELIEFS — Henry Ford

YES / NO

AS YOU READ EACH QUESTION, SIMPLY CHECK "YES" IF YOU AGREE OR "NO" IF YOU DISAGREE WITH THE STATEMENT.

01	"I LOOK AT OTHERS SUCCESS AND THINK THAT IT COULD NEVER BE ME"	YES <input type="checkbox"/>	NO <input type="checkbox"/>
02	"I FEEL AS THOUGH I JUST DON'T CARE OR SEE MYSELF USING THIS PHRASE OFTEN"	YES <input type="checkbox"/>	NO <input type="checkbox"/>
03	"I USE THE EXPRESSION EVERYONE ELSE IS DOING IT QUITE OFTEN"	YES <input type="checkbox"/>	NO <input type="checkbox"/>
04	"I USE THE PHRASE I COULD NEVER DO THAT A LOT AND THEN JUST NEVER TRY"	YES <input type="checkbox"/>	NO <input type="checkbox"/>
05	"I OFTEN TELL MYSELF THAT I AM NOT WORTH IT AND AM NOT GOOD ENOUGH FOR THINGS"	YES <input type="checkbox"/>	NO <input type="checkbox"/>
06	"I OFTEN THINK THAT I AM NOT SMART ENOUGH FOR CERTAIN THINGS"	YES <input type="checkbox"/>	NO <input type="checkbox"/>
07	"I OFTEN USE THE PHRASE THAT I DON'T HAVE ENOUGH TIME"	YES <input type="checkbox"/>	NO <input type="checkbox"/>
08	"I DON'T HAVE ENOUGH MONEY TO DO WHAT I WANT"	YES <input type="checkbox"/>	NO <input type="checkbox"/>

Add up all your Yes's and No's and write out how many of each you have. Every yes you have checked is a limiting belief that is holding you back from being truly limitless



LIMITED TO LIMITLESS

I STATEMENTS AND LIMITED BELIEFS

YES / NO

AS YOU READ EACH QUESTION, SIMPLY TICK "YES" IF YOU AGREE OR "NO" IF YOU DISAGREE WITH THE STATEMENT.

09	"I'LL NEVER BE SUCCESSFUL ANYWAYS"	YES <input type="checkbox"/>	NO <input type="checkbox"/>
10	"I'M JUST NOT TALENTED ENOUGH"	YES <input type="checkbox"/>	NO <input type="checkbox"/>
11	"I'M NOT A LEADER SO WHY WOULD ANYONE FOLLOW ME"	YES <input type="checkbox"/>	NO <input type="checkbox"/>
12	"I'M TOO YOUNG TO DO THAT OR TO OLD TO START TRYING NOW"	YES <input type="checkbox"/>	NO <input type="checkbox"/>
13	"I OFTEN THINK NO ONE WILL EVER TAKE ME SERIOUS OR EVEN WANT TO BELIEVE ME"	YES <input type="checkbox"/>	NO <input type="checkbox"/>
14	"I TELL MYSELF THAT I AM NOT A GOOD PERSON"	YES <input type="checkbox"/>	NO <input type="checkbox"/>
15	"I HAVE TOO MUCH ANXIETY AND COULD NEVER DO THAT"	YES <input type="checkbox"/>	NO <input type="checkbox"/>
16	"I TELL MYSELF I DON'T DESERVE TO BE HAPPY"	YES <input type="checkbox"/>	NO <input type="checkbox"/>

Add up all your Yes's and No's and write out how many of each you have. Every yes you have checked is a limiting belief that is holding you back from being truly limitless



Discussion Questions

- 1 What does this quote mean to you: “You don’t have to know how you are going to accomplish your goals; you just have to know that you will”?
- 2 When it comes to **dreaming**, how big do you **dream**? Are you a reach-for-the-moon, and even if you miss it, at least you will land among the stars type of person? Or are you a that-will-never-happen-to-me type of person?
- 3 What does this question mean to you: “Why not you?”
- 4 Ask yourself, what is the worst that could happen? Now ask yourself, what is the best that could happen? How does this shift your mindset?
- 5 Do you **believe** you are in **control** of your future?
- 6 Do you limit yourself? How?
- 7 Can you relate at all to the learned helplessness experiment?
- 8 Do you see how sometimes we learn this in our society?
- 9 Do you believe that if you want something bad enough, you will be able to find a way to get it?
- 10 Do you **believe** in the **power** of belief?

ARE YOU SHIFTING?

Objective

Explore how a simple shift in our story can shift everything else in life.

Talking Points

He was sitting there listening to the coach talk. He has wanted to join football for the last two years, and now the team's coach talked to his class about joining football this season. What was he so afraid of? What was he worried about? He knew. Deep down, he knew. He knew he had never felt good enough. Good enough to be a part of a team and something bigger than himself. His story was never *their* story. His story was one of not being good enough, not set enough, no money to do it, no support to get him there, not enough of anything. Not. Enough. Enough! Book it!

He joined the team that day. He **decided** to change his story. He realized he had the ultimate **control** over his destiny, and no other person could be to blame if he didn't join the team. He clicked, "Book it." He had had enough of enough.

DON'T WAIT. THE TIME WILL NEVER BE JUST RIGHT.

- Napoleon Hill

Changing our narrative and changing our story can be difficult. When we have lived in the same story for years and years, change is scary. We think we are acting out of **character** when we go from being the disruptive kid to the helpful kid. We think we are acting out of **character** when we go from the "can't keep our hands to ourselves" kid to the now "respecting everyone's boundaries" kid.

Can I tell you a little secret? We *are* acting out of **character**. But it is our old **character**. We are now acting in accordance with who we truly are. Who we truly want to be. Our *new* **character**. It's like the dogs we learned about before. We may ~~have~~ learned learned-helplessness somewhere in our previous years, but now we are learning something new—a new way to be. We tipped the scale, impacting every other area of our life. Say goodbye to learned helplessness. It can no longer keep you down.

One little change can do this. One little decision can alter your path. What they say is true: you are one decision away from a different life. It might sound dramatic to some, but that is all it takes— one simple decision to do something you have never done before. Now imagine making a bunch of different little decisions all day long. Imagine how much that could change your life.

THE KEY TO CHANGE IS TO CHANGE.

- Unknown

Go ahead, book it.

Discussion Questions

- 1 Have you ever come to a point in your life where you have had enough?
- 2 Have you ever dramatically changed your story?
- 3 What does the quote, "Don't wait. The time will never be just right," mean to you?
- 4 Do you believe you are one decision away from a better life?
- 5 Do you believe you change your life by better decision-making?
- 6 Do you see how the ripple effect of making better decisions does play out? Work through a scenario together.
- 7 What does the quote, "The key to change, is to change," mean to you?
- 8 What does "Go ahead, book it" mean to you?
- 9 What is something you really want to do but have been terrified of doing?
- 10 What if you made a different decision today to do it?

SESSION FOUR

CONTROL YOUR MIND, CONTROL YOUR LIFE



SESSION FOUR: CONTROL YOUR MIND, CONTROL YOUR LIFE

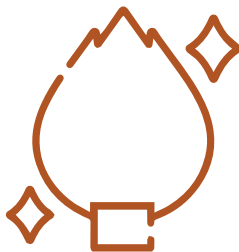
Activity # 1 (30 minutes)



ARE YOU IN CHARGE OR ARE THE VOICES?

Purpose: Explore our most powerful tool. Our Mind.

Activity # 2 (30 minutes)



WHAT PARTS CAN WE ERASE?

Purpose: Explore our true selves and how we can move past the parts of ourselves we don't want to be any more or hold onto.

Activity # 3 (30 minutes)



HOW DO YOU COPE?

Purpose: Explore how we express ourselves and how to create more positive, healthy ways of getting things out.

DEFINITIONS WORKSHEET

Please define each of these words or phrases:

1 Mindful –

2 Perspective -

3 Process –

4 Maintain –

With the words and phrases you defined above, use each word or phrase in a paragraph to describe how you have seen each of these in your own life.

Mindful _____

Perspective _____

Process _____

Maintain _____

ARE YOU IN CHARGE OR ARE THE VOICES?

Objective

Explore our most powerful tool. Our Mind.

Talking Points

THE BODY CAN HANDLE ANYTHING. IT'S
THE MIND THAT NEEDS TRAINING.

- Unknown

Have you ever heard that quote before? What do you think it means?

Our mind is our most **powerful** tool and weapon. We can use our mind to harness good, or we can use our mind to harness bad.

Take a moment to think about what you use your mind to harness more of. There will be an activity in this section that will help us explore and become more self-aware of where our mind spends more time.

For now, let's talk about these voices a bit. There are lots of thought and philosophy out there that says *everything* starts with our thoughts. It all begins there. Everything one does can be traced back to one's thoughts. Throw belief in there, and you have an arsenal of ammunition. A massive **powerhouse**. A **powerhouse** that will carry you through those tough times and times of struggle so you can get to the other side.

Now, let's say your thoughts are filled with negativity and sadness. Let's say your thoughts are critical of others and are constantly in comparison or competitive mode with others. Maybe your thoughts are filled with fears and anxiety about this world and life.

Think of how much that would drag you down. Think of how hard it would be to *enjoy* life.

Common advice we hear from others is, "Just don't think about it." That is not the greatest advice. But what if we focused on something else instead? What if we tried to sit with our thoughts, and as bad ones come in, we "shoot" them out, or we "blow" them up, or we "pop" the thought? It is a practice to learn and must be tried repeatedly to improve.

Or we could start keeping a list of everything we are grateful for. Or make it a daily practice to start each morning with one thing we are grateful for. We can make a list and keep it right next to our bed, on our phone, or even say what we are grateful for in our head aloud each morning. We can keep reminders on our phones to do this as well. We have so many options and opportunities to make it a daily habit. The real question is, are we up for the challenge?

- » Are you willing to do what it takes to change your thoughts so you can change your life?
- » Are you willing to blow up your mind to gain better **control** of your life?
- » The real **power** is in you. The real power is in your **control**.

IF YOU CAN CONTROL YOUR MIND, YOU
CAN CONTROL YOUR LIFE.

- Buddha

Discussion Questions

- 1 We talked about this quote before: “The body can handle anything. It’s the mind that needs training.” Does it land differently with you now than it did before? How so?
- 2 Do you believe that your mind is your most powerful tool?
- 3 Do you believe that your mind can be your most powerful weapon?
- 4 How would you say you have been using your mind since starting this curriculum? Would you say you have started to use it as a tool for the better since the start of this journey?
- 5 Do you enjoy life? Do you think your mind has a lot to do with enjoying life?
- 6 Have you ever tried the “shoot” it, “pop” it, or “blow” it method with your thoughts? Does it work?
- 7 Have you ever tried a gratitude practice?
- 8 Are you willing to do what it takes to change your thoughts so you can change your life?
- 9 Are you willing to blow up your mind to gain better control of your life?
- 10 Do you **believe** that by changing your thoughts, you can change your life?

WHAT PARTS CAN WE ERASE?

Objective

Explore our true selves and how we can move past the parts of ourselves we don't want to be any more or hold onto.

Talking Points

WHEN WE BECOME FIXED IN OUR PERCEPTIONS, WE LOSE OUR ABILITY TO FLY
- Unknown

Do you **believe** you have the power to change your story? Do you **believe** you can rewrite your truth? So many of us are stuck in the thought that says, *that is just who I am*.

For so long, many of us have been told who we are. We have been told things such as "She is shy," "She is bossy," "He is hurtful," "he is angry," etc. We have been told things that have been on repeat so much that we start to **believe** them. And then the kicker is we start to *be* who others say we are. We start to become the child who is entitled. Or the naughty child. Or the sassy child.

Do you ever feel like that? Do you ever feel like you are living up to what others think of you instead of being who you truly want to be? Getting stuck in this pattern is easy when you have this **perspective**.

The thoughts come flooding in; everyone says I will fail, so I might as well fail! Or no one **believes** I will graduate, so what's the point anyway? Everyone calls me a liar, so I might as well lie.

We allow others to set the bar for us; when we do that, the bar is usually set low. Then we live up to that bar, never realizing we could do far better than that. Just like with stories.

We permit others to write our own stories for us, and then we don't like their story but don't do anything to change it. How do we change it?

There was once a girl with a brother who was in a drunk-driving car accident. The drunk driver of the vehicle caused her brother to be paralyzed upon impact. This sister became very angry for years because of this. Her brother recovered to the best of his ability and became an inspirational speaker on overcoming obstacles and setbacks in life. Meanwhile, his sister became even more bitter and angry at the drunk driver who had spent time in prison for this offense.

She could not move past what happened to her brother nor understand how he was moving past it. Until one day, she **decided** to join an organization that helped paralyzed people get better. This changed everything for her. Once she decided to join in on a cause that had directly **impacted** her and her life, *she* started to change. She started to rewrite her story. She realized that sometimes, you have to take action to rewrite a negative thought or story. She realized she was the one holding herself back.

YOUR PERSPECTIVE WILL EITHER BECOME YOUR PRISON OR YOUR PASSPORT.

- Steven Furtick

Discussion Questions

- 1 Do you believe you have the power to change your story?
- 2 Do you believe you can rewrite your truth?
- 3 Have you become someone that you don't want to be because this is what others want you to be?
- 4 Do you believe you can act right now to change your story?
- 5 Do you think it is simple to change your perspective?
- 6 Do you think you hold yourself back? Why or why not?
- 7 What do you think about this quote, "Your perspective will either become your prison or your passport"? Do you agree with it?
- 8 Do you see how powerful visualizations can be after doing the exercise?
- 9 Can you see how you can change your story by being in control of it and your perspective?
- 10 Change your story, change your life. Do you believe this?

HOW DO YOU COPE?

Objective

Explore how we express ourselves and how to create more positive, healthy ways of getting things out.

Talking Points

EXPRESS YOURSELF; DON'T REPRESS YOURSELF.
- Unknown

Are you someone who keeps things bottled up inside? Or are you someone who lets things out?

Many of us do a bit of both.

The bigger question is, how do we release these feelings?

Do we do it in negative ways or in positive ways?

There is a story called, "A Boy's Anger and a Bag of Nails".

There once was a young boy with a very bad temper. The boy's father wanted to teach him a lesson, so he gave him a bag of nails and told him that every time he lost his temper he must hammer a nail into their wooden fence.

On the first day of this lesson, the little boy had driven 37 nails into the fence. He was really Mad!! Over the course of the next few weeks, the little boy began to control his temper, so the number of nails that were hammered into the fence dramatically decreased.

It wasn't long before the little boy discovered it was easier to hold his temper than to drive those nails into the fence. Then the day finally came when the little boy didn't lose his temper even once, and he became so proud of himself, he couldn't wait to tell his father. Pleased his father suggested that he now pull out one nail for each day that he could hold his temper.

Several weeks went by and the day finally came when the young boy was able to tell his father that all the nails were gone. Very gently the father took his son by the hand and led him to the fence. You have done very well, my son, he smiled, but look at the holes in the fence.

The fence will never be the same again. The little boy listened very carefully as his father continued to speak. When you say things in anger, they leave permanent scars just like these. No matter how many times you say you are sorry, the wounds will still be there.

When we do more things that bring us joy, we will feel more joy. When we do more things that bring us anger, we will feel more anger.

BE YOURSELF; EVERYONE ELSE IS TAKEN.
- Unknown

Discussion Questions

- 1 Are you someone who keeps things bottled up inside? Or are you someone who lets things out?
- 2 How do you deal with feelings when you let them out? In negative or positive ways?
- 3 What did you think of the story?
- 4 Have you learned different ways to express yourself in positive ways you would like to share?
- 5 Can anyone think of ways that repressing their feelings backfired on them?
- 6 What do you think of the quote, "Be yourself; everyone else is taken"?
- 7 Do you like yourself? Why or why not?
- 8 How did the activity that we did feel? Would you do it again?
- 9 Does anyone express themselves by their appearance?
- 10 Do you see how letting things out is helpful for yourself?

SESSION FIVE

WHAT WILL YOU BE KNOWN FOR?



SESSION FIVE: WHAT WILL YOU BE KNOWN FOR?

Activity #1

(30 minutes)



ARE YOU UNCOMFORTABLE ENOUGH?

Purpose: Learn that you are the only one that ultimately dictates and decides what you will do with your life and what you will create with it.

Activity #2

(30 minutes)

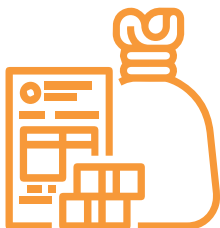


ARE YOU FOCUSED?

Purpose: Learn to be an entrepreneur. This comes with learning how to take full accountability by owning, accepting, and growing within all areas of life. Not accepting your failures will ultimately lead to failure.

Activity #3

(30 minutes)



ARE YOU READY TO UNLOCK YOUR POTENTIAL?

Purpose: Learning how the message of becoming successful in business can also help you succeed in all areas of life and should be applied whether you run a Fortune 500 company or not.

DEFINITIONS WORKSHEET

Please define each of these words or phrases:

1 Impact / Ripple Effect –

2 Growth -

3 Limitless –

4 Focus & Decide –

With the words and phrases you defined above, use each word or phrase in a paragraph to describe how you have seen each of these in your own life.

Impact / Ripple Effect _____

Growth _____

Limitless _____

Focus & Decide _____

ARE YOU UNCOMFORTABLE ENOUGH?

Objective

Exploring what happens when we explore outside of our comfort zone.

Talking Points

It is time to get serious. It is time to take some inventory of ourselves. As we reflect on life thus far, what does your life say about you? What do your actions say about you? Do your actions match your words?

OPPORTUNITY IS MISSED BY MOST PEOPLE BECAUSE IT IS DRESSED IN OVERALLS AND LOOKS LIKE HARD WORK.

- Thomas A. Edison

Do you think there are opportunities you have missed due to a lack of motivation?

Maybe you didn't feel like attending practice after school because you were tired, so you missed the chance to play in the next game, which means you missed the scout who was there to watch you, which meant you missed out on your chance to get a scholarship to a school you wanted to go to, which means... the **ripple effect** goes on and doesn't end.

Maybe you **decided** you didn't want to go to work tonight waitressing, so you called in, which means you missed out on a wealthy client who came in to eat dinner and left a life-changing tip, which means you didn't get first choice to work when someone else called in sick next, which means you missed out on primetime tips again, which means... the **ripple effect** goes on and doesn't end.

Every single day is a chance to make an **impact** on your life and this world. Every day has little pockets of opportunity laced into it that we have opportunities to jump at. We may not always see these as great big opportunities, but they are, and they do add up. Each day you save money, it adds up. Each day you study for a course, it adds up. Each day you eat healthy, it adds up. Each day you read something useful, it adds up. Each day you are nice to random strangers, it adds up. Think of the compounding interest in all those little things! It all adds up.

So, if we are honest with ourselves, we can reflect on our lives and see where we are lacking and excelling in areas. We can see where we can do better at inputting good so we can get more output of good. We can see where our track record has poor performance. And the best part, then, is we can grow from there.

Speaking of growing. **Growth** is something we can continually be aiming to do. Because in **growth**, is opportunity. And opportunity is right outside our comfort zone. A great compass to go by is noticing if you are challenging yourself in ways that create more growth. And you will know this by being a bit uncomfortable with a new risk or opportunity but, at the same time, feeling excited by it and excited by what may come from it.

IF WE'RE GROWING, WE'RE ALWAYS GOING TO BE OUT OF OUR COMFORT ZONE

- John Maxwell

A Million Followers! You are now officially an influencer! Congratulations!

What is your message to your followers?

What are the most important lessons you could teach/share or want everyone to learn and know?

In the next section are some words of wisdom and influential messages from some of the greatest influencers of all time. Read through these sections to help get some inspiration and start thinking of your message and what you want to share with the world.

Life Lessons

- » Take time to think about everything you've been through and all your interactions: good, bad, indifferent doesn't matter.
- » From your earliest memory to now, think about what you remember the most and what messages or lessons could be shared with us.
 - » Think about each memory or moment as a lesson; picture yourself being removed from the situation as if you are a new person staring into your memory.
 - If it's a bad moment or memory, what would you have wished you could tell yourself now about the moment or something you wish you would have said to someone else?
- » What would you have done differently? You don't have to live in the WHAT IFs anymore. YOU HAVE THE POWER TO ACCEPT IT AND MOVE PAST IT, BUT YOU HAVE TO LEARN FROM IT.
- » Whatever it is, think about each moment and start to write out your takeaways, lessons, or messages that you can share and pass on to others.

Top Tier Life Lessons

- 1 Embrace change: Change is an inevitable part of life, and learning to adapt to new situations and challenges can help you grow and become more resilient.
- 2 Take responsibility for your actions: Owning up to your mistakes and taking responsibility for your actions can help you learn from your experiences and become a more accountable and trustworthy person.
- 3 Practice gratitude: Focusing on the positive aspects of your life can help you feel more content and fulfilled and cultivate a sense of appreciation for the people and things around you.
- 4 Pursue your passions: Pursuing your interests and passions can help you find fulfillment and meaning in your life and lead to a sense of purpose and direction.
- 5 Develop empathy: Understanding and empathizing with others can help you build stronger relationships, communicate more effectively, and contribute to a more compassionate and connected world.

- 6 Take care of yourself: Prioritizing self-care, including physical, emotional, and mental health, can help you maintain a sense of balance and well-being and allow you to better care for others.
- 7 Learn from failure: Failure is a natural part of life, and seeing it as an opportunity for growth and learning can help you become more resilient and persistent in pursuing your goals.

These are just a few examples of the many lessons that life has to offer. Ultimately, the best lessons will vary depending on your personal experiences and values, so staying open to new perspectives and learning throughout your life is essential.

Quotes on Life Lessons

- 1 Love and connection: "The greatest happiness of life is the conviction that we are loved; loved for ourselves, or rather, loved despite ourselves." - Victor Hugo
- 2 Perseverance: "Success is not final, failure is not fatal: it is the courage to continue that counts." - Winston Churchill
- 3 Purpose and meaning: "The two most important days in your life are the day you are born, and the day you find out why." - Mark Twain
- 4 Gratitude: "Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." - William Arthur Ward
- 5 Self-improvement: "The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it. -"Steve Jobs
- 6 Forgiveness: "Forgiveness is not an occasional act; it is a constant attitude." - Martin Luther King Jr.
- Empathy and compassion: "The purpose of human life is to serve, and to show compassion and the will to help others." - Albert Schweitzer

Lessons to Help Improve the Quality of Your Life

- 1 Prioritize self-care: Make time for activities that promote physical, emotional, and mental well-being, such as exercise, healthy eating, relaxation, and self-reflection.
- 2 Cultivate positive relationships: Build and maintain positive relationships with family, friends, and colleagues. Connect with others who share your interests and values, and seek opportunities to help others.
- 3 Learn new things: Continue learning and expanding your knowledge through reading, taking courses, trying new experiences, and exploring new perspectives.
- 4 Set goals: Set meaningful goals and work towards achieving them. This can help to give direction and purpose to your life and increase motivation and fulfillment.
- 5 Practice gratitude: Focus on the positive aspects of your life and express gratitude for the people and things around you. This can help to cultivate a more positive outlook and increase happiness and contentment.
- 6 Manage stress: Develop healthy ways to manage stress, such as mindfulness, meditation, exercise, or talking to a therapist.
- 7 Embrace new experiences: Try new things, explore new places, and take risks. This can help to expand your comfort zone, increase resilience, and create new opportunities.

Remember, improving the quality of your life is a journey, not a destination. Be patient and kind to yourself, and take small daily steps towards creating your desired life.

Public Speaking

How uncomfortable did you just get hearing the activity titled Public Speaking? What if we were to ask you to share your message that you just created with the rest of the group? If you are an actual influencer, you have to be comfortable sharing and speaking in public, which is among the most feared things for many people. How about you? Are you willing to share your message with the group?

Discussion Questions

- 1 What does your life say about you?
- 2 What do your actions say about you? Do your actions match your words?
- 3 What does this quote mean to you, “Opportunity is missed by most people because it is dressed in overalls and looks like hard work”?
- 4 Do you think there are opportunities you have missed due to a lack of motivation?
- 5 Do you understand the **ripple effect** of missed opportunities? Can anyone share an example?
- 6 Do you agree that **growth** is right outside your comfort zone? What does that mean to you?
- 7 Is there anything that causes you to be excited and, at the same time, challenges you when you think about it?
- 8 What would your “compass” say about your life? Are you growing?
- 9 Does anyone have any opportunities they would like to share they have captured or missed?
- 10 How much does motivation play into your life? Do you think motivation is important?

ARE YOU FOCUSED?

Objective

Explore where focus takes us.

Talking Points

YOU HAVE POWER OVER YOUR MIND-
NOT OUTSIDE EVENTS. REALIZE THIS,
AND YOU WILL FIND STRENGTH.

- Marcus Aurelius

Find someone who is focused, and you will find a powerful force to be reckoned with.

People who are **focused** get stuff done. You will often hear similar responses when great creators are asked how they manage to create what they have created.

These responses usually go something like, just start or just begin. Followed by advice to find time to do the work.

This *all* starts in our minds. In our thoughts. Every action begins with a simple thought. That thought can go either way, but guess how it goes for those who get stuff done?

Mel Robbins says, “5, 4, 3, 2, 1... blast off!” She advises counting backward out loud, adding a one- liner to the end, and seeing the magic go to work. The magic is *you*. There is something about doing this simple exercise that has literally changed thousands of lives. You can watch her on YouTube or find her books to read about all the stories of people who have used this technique to change their lives—a simple countdown.

Throughout this whole curriculum, you have learned where it all begins. You have also learned where it all ends. *You*.

The activity in this section will give you tools to improve the quality of your life and see some of the greatest tips and lessons in life. We can utilize them and put them into action, or we can ignore them and go on our way. The challenge is to read over them all and make a plan to put the ones that speak to you into action. Something as simple as writing down a favorite quote or deciding to do that one thing that speaks to you daily.

Before your head can say no, do the countdown and DO IT.

5, 4, 3, 2, 1....

Don't let your thoughts get the best of you unless they have the best for you. It all starts with our thoughts. We must remember this. Once we gain control of our minds, we are **limitless** in this life. Once we develop the discipline to do this, we are unstoppable.

Don't take someone else's word for it. Go out and prove it.

I BELIEVE THAT THE MIND POWERS THE
BODY, AND ONCE THE MIND SAYS WE
WANT TO DO IT, THEN THE BODY WILL
FOLLOW

- Lance Armstrong

Discussion Questions

- 1 What does this quote mean to you, “You have **power** over your mind-not outside events. Realize this, and you will find strength,”?
- 2 Do you think you are focused?
- 3 Do you think you manage your time to be productive?
- 4 Do you think you waste time?
- 5 Do you **believe** you have the power to change your life?
- 6 Do you **believe** you can change your life by changing your thoughts?
- 7 Is anyone willing to try the countdown?
- 8 What does this quote mean to you, “I **believe** that the mind **powers** the body, and once the mind says we want to do it, then the body will follow”? Do you agree with it?
- 9 Do you **believe** it all starts with our thoughts?
- 10 Are your thoughts a powerhouse for change? If not, why not?

ARE YOU READY TO UNLOCK YOUR POTENTIAL?

Objective

It's all up to you.

Talking Points

YOU ARE NOT STUCK WHERE YOU ARE
UNLESS YOU DECIDE TO BE

- Wayne Dyer

Now is the time to decide your future. There will never be a better time than now.

Our future is in today's actions. Our future is in today's thoughts.

There is a watch out there that you can buy that, instead of having the time on it, has the word "NOW" on it. What a great and powerful message.

It is an excellent reminder to all about the gift of life. It is an excellent reminder to all about the power of now. We don't have the luxury of a future. We don't know how long we will live on this earth, so there is no better time than now.

And with that, we must remember what continues to hold us back.

The biggest obstacle is us. The biggest obstacle is our mind. It is our thoughts. It is such a peculiar thing to think about. The biggest obstacle is not tangible. And even though it is our biggest obstacle, it is available and easily accessible to all. It does not discriminate. It does not matter how poor or how rich we are. We all have the freedom to reach within ourselves and make a change.

WATCH YOUR THOUGHTS; THEY BECOME WORDS. WATCH YOUR WORDS; THEY BECOME ACTIONS. WATCH YOUR ACTIONS; THEY BECOME HABITS. WATCH YOUR HABITS; THEY BECOME CHARACTER. WATCH YOUR CHARACTER; IT BECOMES YOUR DESTINY

- Lao Tzu

We can change everything by changing our thoughts. It is difficult. It is not easy. But again, we have the **power** to make the change. No one else does, and no one else can make the change for us.

Take the key and unlock the door.

5,4,3,2,1 it. Just do it.

THE POWER IS IN OUR THOUGHTS. THIS IS WHERE TRUE STRENGTH LIES. WHAT YOU THINK YOU BECOME.

- Buddha

What are you going to become?

Discussion Questions

- 1 What do you think about this quote, “You are not stuck where you are unless you decide to be”?
- 2 Do you agree that our future is now?
- 3 Do you agree that the biggest obstacle is you? Why or why not?
- 4 What do you think about the biggest obstacle not being tangible? Isn't it peculiar to think about?
- 5 What do you think about the quote, “Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become **character**. Watch your **character**; it becomes your destiny,”?
- 6 What do you think about this quote, “The **power** is in our thoughts. This is where true strength lies. What you think you will become”? Do you agree?
- 7 What are you going to become?
- 8 Do you **believe** you can change your life by changing your thoughts?
- 9 Do you **believe** that you have the power to change your life right now?
- 10 Do you **believe** you are the key?

THE CHOICE IS YOURS! YOU ARE THE KEY!