**The Purpose Prep Content Suite**

1. **Personal Development**
2. **Character & Leadership Development**
3. **Unlock Your Purpose**
4. **Social & Emotional Success**
5. **Mental Health & Wellness**
6. **College & Career Readiness**
7. **Intervention on Purpose – Intervention/Prevention Modules**
8. **PERSONAL DEVELOPMENT**

**UNIT 1 – DEVELOP YOURSELF**

MENTORSHIP: THE POWER OF MENTORSHIP

Lesson 1 – Mentorship – What is Traditional Mentoring? – Daniel Budzinski

Lesson 2 – Mentorship – The Man on Stage vs. Man in the Mirror – Daniel Budzinski

Lesson 3 – Mentorship – Transactional vs. Transformational Mentorship – Daniel Budzinski

Lesson 4 – Mentorship – Inspiration from a Mentor – Daniel Budzinski

Lesson 5 – Mentorship – The Importance of Mentorship – Cassandra Huysentruyt Grey

PAST & FUTURE:HOW TO REFLECT ON YOUR PAST & PREPARE FOR YOUR FUTURE

Lesson 6 – Past & Future – Personal Reflection + Future Projection = Personal Development – Daniel Budzinski

Lesson 7 – Past & Future – To Create or Be Created – Daniel Budzinski

Lesson 8 – Past & Future – Born to Be Different – Daniel Budzinski

Lesson 9 – Past & Future – Personal Leadership – Daniel Budzinski

Lesson 10 – Past & Future – Don't Let the Same Team Beat You Twice – Jonathan Orr

A SATISFIED LIFE: FIND SATISFATION IN EACH STAGE IN LIFE

Lesson 11 – A Satisfied Life – Getting Out of Your Comfort Zone – Daniel Budzinski

Lesson 12 – A Satisfied Life – Harness Your Ability to Learn, Read & Obtain Knowledge – Daniel Budzinski

Lesson 13 – A Satisfied Life – The Perpetual Learner – Daniel Budzinski

Lesson 14 – A Satisfied Life – The Questioner – Daniel Budzinski

Lesson 15 – A Satisfied Life – Achieving A Fulfilling Career – Jonathan Orr

BE YOURSELF:GIVE YOURSELF PERMISSION TO BE YOU

Lesson 16 – Be Yourself – Be Honest with Yourself – Daniel Budzinski

Lesson 17 – Be Yourself – Joy & Happiness – Daniel Budzinski

Lesson 18 – Be Yourself – Inner-Peace / Outer-Peace – Daniel Budzinski

Lesson 19 – Be Yourself – The Journey is the Reward – Daniel Budzinski

Lesson 20 – Be Yourself – Being Yourself & Letting Others Be Themselves – Michelle Shelton

**UNIT 2 – STRATEGIC PLANNING**

WHERE ARE YOU HEADED: BUILDING A ROADMAP

Lesson 21 – Where Are You Headed – Embracing your Design – Daniel Budzinski

Lesson 22 – Where Are You Headed – Define Your Identity – Daniel Budzinski

Lesson 23 – Where Are You Headed – What Makes You Tick? – Daniel Budzinski

Lesson 24 – Where Are You Headed – What Is Your Passion & Design? – Daniel Budzinski

Lesson 25 – Where Are You Headed – Focus – Amanda Latifi

ARE YOU UNIQUE: A STRATEGY FOR LIFE

Lesson 26 – Are You Unique – Does it Pay to Be Different? – Daniel Budzinski

Lesson 27 – Are You Unique – When Good Isn’t Enough – Daniel Budzinski

Lesson 28 – Are You Unique – Stay True, Be You – Daniel Budzinski

Lesson 29 – Are You Unique – Build Around Your Uniqueness – Michelle Shelton

Lesson 30 – Are You Unique – How to Get Unstuck – Michelle Shelton

OPPORTUNITY: ATTRACTING THE RIGHT OPPORTUNITIES

Lesson 31 – Opportunity – Move by Vision, Not by Need – Daniel Budzinski

Lesson 32 – Opportunity – Challenge + Change = Opportunity – Daniel Budzinski

Lesson 33 – Opportunity – Don’t Force it, the Opportunities Will Come – Daniel Budzinski

Lesson 34 – Opportunity – Preparation Meets Opportunity – Sean Holland

Lesson 35 – Opportunity – Listening to the Universe – Amanda Latifi

DREAMING: DREAMS WORTH PURSUING – THE CYCLE

Lesson 36 – Dreaming – Learning How to Dream – Daniel Budzinski

Lesson 37 – Dreaming – Creation – Daniel Budzinski

Lesson 38 – Dreaming – Reinventing the Dream – Daniel Budzinski

Lesson 39 – Dreaming – Persistence – Daniel Budzinski

Lesson 40 – Dreaming – Don't Stop Dreaming – Sean Holland

**UNIT 3 – SELF-ESTEEM**

VALUE: THERE’S GOOD IN EVERYONE

Lesson 41 – Value – See the Value in Yourself – Daniel Budzinski

Lesson 42 – Value – Appreciate the Value in Others – Daniel Budzinski

Lesson 43 – Value – Stop Expecting, Start Appreciating – Daniel Budzinski

Lesson 44 – Value – Healthy Self-Esteem – Michelle Shelton

Lesson 45 – Value – Practical Examples of Self-Esteem – Michelle Shelton

WHO’S IN CONTROL: TAKING RESPONSIBILITY

Lesson 46 – Who’s in Control – What’s in Your Hands? – Daniel Budzinski

Lesson 47 – Who’s in Control – Who You Are & Who You’re Not – Daniel Budzinski

Lesson 48 – Who’s in Control – Time is Ticking – Daniel Budzinski

Lesson 49 – Who’s in Control – Personal Accountability – Danielle Bailey

Lesson 50 – Who’s in Control – Command Your Temper – Danielle Bailey

NEEDS & LIMITS: COMMUNICATING NEEDS & OVERCOMING LIMITATIONS

Lesson 51 – Needs & Limits – We All Have Needs – Daniel Budzinski

Lesson 52 – Needs & Limits – Don’t Fault People’s Limitations – Daniel Budzinski

Lesson 53 – Needs & Limits – Living in Denial – Daniel Budzinski

Lesson 54 – Needs & Limits – What About Me – Stoan Harris

Lesson 55 – Needs & Limits – Identifying My Needs – Stoan Harris

DON’T STAY SILENT: SPEAK OUT!

Lesson 56 – Don’t Stay Silent – Against the Grain – Daniel Budzinski

Lesson 57 – Don’t Stay Silent – Limits Are Meant to Be Broken – Daniel Budzinski

Lesson 58 – Don’t Stay Silent – Be Vocal About Your Direction – Daniel Budzinski

Lesson 59 – Don’t Stay Silent – Breaking Free from My Secrets – Sean Holland

Lesson 60 – Don’t Stay Silent – Surround Yourself with Giants – Sean Holland

**UNIT 4 – COMPLETE HEALTH**

MENTAL HEALTH: WHAT IS MENTAL HEALTH?

Lesson 61 – Mental Health – Break it Down – Daniel Budzinski

Lesson 62 – Mental Health – Shifting Your Perspective – Daniel Budzinski

Lesson 63 – Mental Health – Healing Your Mind – Denise Lyles

Lesson 64 – Mental Health – The Freedom in Forgiveness – Denise Lyles

Lesson 65 – Mental Health – Tips to Mental Health – Denise Lyles

PHYSICAL HEALTH: HARNESSING YOUR PHYSICAL ENERGY

Lesson 66 – Physical Health – Challenge Yourself – Daniel Budzinski

Lesson 67 – Physical Health – A Change in Pace Leads to a Change in Production – Daniel Budzinski

Lesson 68 – Physical Health – We Are What We Consume – Daniel Budzinski

Lesson 69 – Physical Health – Mindfulness – Danielle Bailey

Lesson 70 – Physical Health – Personal Hygiene – Danielle Bailey

SOCIAL/EMOTIONAL HEALTH: FINDING THE BALANCE WITHIN

Lesson 71 – Social/Emotional Health – Human Boundaries – Daniel Budzinski

Lesson 72 – Social/Emotional Health – Emotional Pain, Loss & Stress – Daniel Budzinski

Lesson 73 – Social/Emotional Health – The Daily Forgiveness, Thankfulness & Confidence Exercise – Daniel Budzinski

Lesson 74 – Social/Emotional Health – Accepting Your Circumstances – Danielle Bailey

Lesson 75 – Social/Emotional Health – Explore a New Environment – Danielle Bailey

GROWTH MINDSET: HEALTHY DISCIPLINES SHOULD LEAD TO GROWTH

Lesson 76 – Growth Mindset – Assess Your Budget – Daniel Budzinski

Lesson 77 – Growth Mindset – The Decision-Making Chart – Daniel Budzinski

Lesson 78 – Growth Mindset – Daily Disciplines – Daniel Budzinski

Lesson 79 – Growth Mindset – Emotional Intelligence – Ryan Emmons

Lesson 80 – Growth Mindset – Breaking Free of Limitations – Ryan Emmons

1. **CHARACTER & LEADERSHIP DEVELOPMENT**

**UNIT 1 – MISSION, VISION, PURPOSE**

VISION: DRAFT A VISION FOR YOUR FUTURE

Lesson 1 – Vision – The Guiding Image – Daniel Budzinski

Lesson 2 – Vision – Map Out Your Future – Daniel Budzinski

Lesson 3 – Vision – How to Find Your North Star – Cassandra Huysentruyt Grey

Lesson 4 – Vision – Creating A Vision Board – Michelle Shelton

Lesson 5 – Vision – Why is Vision Important – Michelle Shelton

MISSION: DEFINE YOUR VALUES & PRINCIPLES

Lesson 6 – Mission – Be Guided by Your Values – Daniel Budzinski

Lesson 7 – Mission – Proven Principles – Daniel Budzinski

Lesson 8 – Mission – Why Are You Here? – Dr. Craig Bailey

Lesson 9 – Mission – Starting from The Bottom – Dr. Craig Bailey

Lesson 10 – Mission – Circumstance and Situations – Dr. Craig Bailey

PURPOSE: UNDERSTAND HOW PURPOSE DRIVES YOUR LIFE

Lesson 11 – Purpose – Inspire the Journey – Daniel Budzinski

Lesson 12 – Purpose – The Future is Now – Daniel Budzinski

Lesson 13 – Purpose – Why Does Purpose Matter? – Ryan Emmons

Lesson 14 – Purpose – Evolving Your Purpose – Ryan Emmons

Lesson 15 – Purpose – Derailed from Purpose – Ryan Emmons

IMPACT YOUR COMMUNITY: BUILD & LEAD WITH STRENGTH

Lesson 16 – Impact Your Community – Love It, Learn It, Live It & Lead It – Daniel Budzinski

Lesson 17 – Impact Your Community – Prepare Yourself to Lead – Daniel Budzinski

Lesson 18 – Impact Your Community – The Importance of Community – Daniel Budzinski

Lesson 19 – Impact Your Community – Practice What You’ve Learned – Daniel Budzinski

Lesson 20 – Impact Your Community – Getting Involved – Sean Holland

**UNIT 2 – PERSONAL EXPERIENCE**

ADVENTURE: CHALLENGE YOURSELF TO LIVE EXTRA-ORDINARY

Lesson 21 – Adventure – Take Up the Challenge – Daniel Budzinski

Lesson 22 – Adventure – See the World – Daniel Budzinski

Lesson 23 – Adventure – Do Something Out of the Ordinary – Daniel Budzinski

Lesson 24 – Adventure – Uncharted Territories – Stoan Harris

Lesson 25 – Adventure – Be Spontaneous – Stoan Harris

MEMORIES: CREATE MEANING IN EACH MOMENT

Lesson 26 – Memories – Moments = Memories = Meaning – Daniel Budzinski

Lesson 27 – Memories – The Power of Reflection – Daniel Budzinski

Lesson 28 – Memories – Family, Friends & Loved Ones – Daniel Budzinski

Lesson 29 – Memories – Be Present – Stoan Harris

Lesson 30 – Memories – Overcoming Bad Memories – Stoan Harris

YOUR STORY: USE YOUR STORY TO RELATE TO OTHERS

Lesson 31 – Your Story – Look into the Past & Write Your Future – Daniel Budzinski

Lesson 32 – Your Story – Experiences & Stories Enable You to Connect with Others – Daniel Budzinski

Lesson 33 – Your Story – The Importance of Authenticity – Cassandra Huysentruyt Grey

Lesson 34 – Your Story – Overcoming Peer Pressure – Danielle Bailey

Lesson 35 – Your Story – Teen Pregnancy – Danielle Bailey

HAVE A LITTLE FUN: HAVE FUN IN EACH STAGE OF LIFE

Lesson 36 – Have a Little Fun – Don’t Take Everything So Seriously – Daniel Budzinski

Lesson 37 – Have a Little Fun – Choose to Be Different – Daniel Budzinski

Lesson 38 – Have a Little Fun – Hobbies & Dreams – Daniel Budzinski

Lesson 39 – Have a Little Fun – It Doesn't Cost to Have Fun – Danielle Bailey

Lesson 40 – Have a Little Fun – Learn to Date Yourself – Danielle Bailey

**UNIT 3 - IDENTITY**

DISCOVER YOUR IDENTITY: LEARN HOW TO FIND YOURSELF

Lesson 41 – Discover Your Identity – The Assignment – Daniel Budzinski

Lesson 42 – Discover Your Identity – Uncover Who You Are – Daniel Budzinski

Lesson 43 – Discover Your Identity – Recover What You Used to Have – Daniel Budzinski

Lesson 44 – Discover Your Identity – Discover New Things About Yourself – Daniel Budzinski

Lesson 45 – Discover Your Identity – Identity Leads to Purpose – Jonathan Orr

EMOTIONAL AUDIT: REPROGRAM HOW YOU THINK & FEEL

Lesson 46 – Emotional Audit – An Emotional Audit – Daniel Budzinski

Lesson 47 – Emotional Audit – The Mind Map – Daniel Budzinski

Lesson 48 – Emotional Audit – The Three Levels of the Mind – Daniel Budzinski

Lesson 49 – Emotional Audit – Emotional Differences – Michelle Shelton

Lesson 50 – Emotional Audit – Mastering Your Emotions – Michelle Shelton

INNER ENGINEER – PART 1 CHANGE THE BELIEF SYSTEMS THAT HOLD YOU BACK

Lesson 51 – Inner Engineer Part 1 – Competing Commitments – Daniel Budzinski

Lesson 52 – Inner Engineer Part 1 – Get Specific & Break it Down – Daniel Budzinski

Lesson 53 – Inner Engineer Part 1 – Activities, Time Commitments & Fearing Success – Daniel Budzinski

Lesson 54 – Inner Engineer Part 1 – The Pain of Rejection – Daniel Budzinski

Lesson 55 – Inner Engineer Part 1 – Relationships, Memories & Experiences – Daniel Budzinski

OVERCOME IDENTITY ISSUES: OVERCOME LIMITS & SETBACKS

Lesson 56 – Overcome Identity Issues – Defining Identity – Jonathan Orr

Lesson 57 – Overcome Identity Issues – Different Identity Issues – Jonathan Orr

Lesson 58 – Overcome Identity Issues – Redefine Your Identity Foundation – Jonathan Orr

Lesson 59 – Overcome Identity Issues – You Are Not What You Do – Jonathan Orr

Lesson 60 – Overcome Identity Issues – Acknowledge and Embrace All of You – Jonathan Orr

**UNIT 4 – TRANSFORMATION**

MYSTERY: EMBRACE LIFE AS A MYSTERY

Lesson 61 – Mystery – From Dreams to Destiny – Daniel Budzinski

Lesson 62 – Mystery – Becoming the Seeker – Daniel Budzinski

Lesson 63 – Mystery – Time is Not an Enemy – Sean Holland

Lesson 64 – Mystery – Process Your Future – Sean Holland

Lesson 65 – Mystery – Writing Your Obituary – Sean Holland

COMPASSION & STILLNESS: DON’T BE AFRAID TO LET YOUR HEART WIN

Lesson 66 – Compassion & Stillness – The Secret of Purpose – Daniel Budzinski

Lesson 67 – Compassion & Stillness – People Matter – Daniel Budzinski

Lesson 68 – Compassion & Stillness – Find Peace Through Stillness – Daniel Budzinski

Lesson 69 – Compassion & Stillness – Finding Solutions in Stillness – Michelle Shelton

Lesson 70 – Compassion & Stillness – Why Compassion Matters – Michelle Shelton

A REINVENTED LEADER: WHAT IS TRUE LEADERSHIP?

Lesson 71 – A Reinvented Leader – True Leadership – Daniel Budzinski

Lesson 72 – A Reinvented Leader – Embrace the Paradox – Daniel Budzinski

Lesson 73 – A Reinvented Leader – Logical vs. Emotional Thinking – Daniel Budzinski

Lesson 74 – A Reinvented Leader – Maximize Your Strengths – Sean Holland

Lesson 75 – A Reinvented Leader – It's Not Black and White – Sean Holland

START AGAIN: HOW TO END STRONG & START AGAIN

Lesson 76 – Start Again – Completion is the Difference – Daniel Budzinski

Lesson 77 – Start Again – Make the Decision – Daniel Budzinski

Lesson 78 – Start Again – Until Next Time – Daniel Budzinski

Lesson 79 – Start Again – Turning Your Life Around – Danielle Bailey

Lesson 80 – Start Again – Start Today – Danielle Bailey

1. **UNLOCK YOUR PURPOSE**

**UNIT 1 – HAPPINESS vs. SUCCESS**

MAP YOUR FUTURE: HEALTHY SUCCESS & A FULFILLING CAREER

Lesson 1 – Map Your Future – Living Out Your Destiny – Daniel Budzinski

Lesson 2 – Map Your Future – Creating Healthy Success – Daniel Budzinski

Lesson 3 – Map Your Future – What We Truly Desire - Daniel Budzinski

Lesson 4 – Map Your Future – It’s Not About the Money - Daniel Budzinski

Lesson 5 – Map Your Future – Take the First Step – Stoan Harris

PEOPLE & PROBLEMS: LEARNING ABOUT THE TYPES OF PEOPLE & PROBLEMS

Lesson 6 – People & Problems – Types of People - Daniel Budzinski

Lesson 7 – People & Problems – You Choose - Daniel Budzinski

Lesson 8 – People & Problems – Types of Problems - Daniel Budzinski

Lesson 9 – People & Problems – Your Purpose Dictates Everything – Dr. Craig Bailey

Lesson 10 – People & Problems – Decide Who You Want to Be – Dr. Craig Bailey

FOCUS & SUCCESS: THE FOUR PILLARS OF FOCUS & SUCCESS

Lesson 11 – Focus & Success – Four Pillars of Focus - Daniel Budzinski

Lesson 12 – Focus & Success – Four Pillars of Success - Daniel Budzinski

Lesson 13 – Focus & Success – Defining Success – Jonathan Orr

Lesson 14 – Focus & Success – Setting Goals: First Step to Success – Jonathan Orr

Lesson 15 – Focus & Success – The Importance of Planning – Jonathan Orr

FROM LEARNING TO EARNING: HOW LEARNING AFFECTS OUR EARNING

Lesson 16 – From Learning to Earning – Learn How to Learn - Daniel Budzinski

Lesson 17 – From Learning to Earning – Learn How to Earn - Daniel Budzinski

Lesson 18 – From Learning to Earning – Meaning > Money - Daniel Budzinski

Lesson 19 – From Learning to Earning – From Purpose to Profession - Daniel Budzinski

Lesson 20 – From Learning to Earning – Changing Your Mindset About Money – Michelle Shelton

**UNIT 2 – MAKING A DIFFERENCE**

GIVING IS GETTING: UNLOCK THE POWER OF GIVING

Lesson 21 – Giving is Getting – An Uncharted Principle - Daniel Budzinski

Lesson 22 – Giving is Getting – Giving Back or Just Giving? - Daniel Budzinski

Lesson 23 – Giving is Getting – The Giving Experience - Daniel Budzinski

Lesson 24 – Giving is Getting – Is There a Higher Purpose? – Sean Holland

Lesson 25 – Giving is Getting – Why Farmers Win? – Sean Holland

REASONABLE RESPONSE: HOW A WEALTH MINDSET WORKS

Lesson 26 – Reasonable Response – Wealth & Power - Daniel Budzinski

Lesson 27 – Reasonable Response – The Dead Sea or Niagara Falls - Daniel Budzinski

Lesson 28 – Reasonable Response – Gratitude – Denise Lyles

Lesson 29 – Reasonable Response – Hope in Hopelessness – Denise Lyles

Lesson 30 – Reasonable Response – Helping Those in Need – Denise Lyles

MAKE A DIFFERENCE: HOW TO MAKE A DIFFERENCE WHERE YOU ARE

Lesson 31 – Make a Difference – What Does it Take to Make a Difference? - Daniel Budzinski

Lesson 32 – Make a Difference – Being a Positive Influence on Others - Daniel Budzinski

Lesson 33 – Make a Difference – The Simple Gift of Life - Daniel Budzinski

Lesson 34 – Make a Difference – Investing into Your Community - Denise Lyles

Lesson 35 – Make a Difference – Embrace A Different Lifestyle - Daniel Budzinski

BE THE CHANGE: CREATE A LEGACY

Lesson 36 – Be the Change – Is There More to Life? - Daniel Budzinski

Lesson 37 – Be the Change – Is Doing Good Better Than Being Great? - Daniel Budzinski

Lesson 38 – Be the Change –A Life Plan Can Help Build a Legacy - Daniel Budzinski

Lesson 39 – Be the Change – Giving Beyond - Daniel Budzinski

Lesson 40 – Be the Change – Thriving or Surviving – Denise Lyles

**UNIT 3 – THOUGHTS, WORDS & SILENCE**

FRAME YOUR WORLD: LEARN THE POWER OF WORDS

Lesson 41 – Frame Your World – Words Shape Thought - Daniel Budzinski

Lesson 42 – Frame Your World – Thoughts Shape Beliefs- Daniel Budzinski

Lesson 43 – Frame Your World – Belief Shape Actions - Daniel Budzinski

Lesson 44 – Frame Your World – Visualize Your World – Sean Holland

Lesson 45 – Frame Your World – Choosing Between Two Realities – Sean Holland

POSITIVE & NEGATIVE: THE EFFECTS OF POSITIVITY & NEGATIVITY

Lesson 46 – Positive & Negative – The Effects of Negativity - Daniel Budzinski

Lesson 47 – Positive & Negative – Turn Negativity into Positivity - Daniel Budzinski

Lesson 48 – Positive & Negative – Positivity Exercise - Daniel Budzinski

Lesson 49 – Positive & Negative – Reshape Our Worlds – Ryan Emmons

Lesson 50 – Positive & Negative – The Importance of Rest – Ryan Emmons

SILENCE & QUESTIONS: THE IMPORTANCE OF SILENCE & ASKING QUESTIONS

Lesson 51 – Silence & Questions – The Importance of Silence - Daniel Budzinski

Lesson 52 – Silence & Questions – Questions First Please - Daniel Budzinski

Lesson 53 – Silence & Questions – Curiosity – Stoan Harris

Lesson 54 – Silence & Questions – Filling the Void – Stoan Harris

Lesson 55 – Silence & Questions – Ask More Questions – Stoan Harris

WARPING REALITY: UNLOCK YOUR POTENTIAL

Lesson 56 – Warping Reality – Limitless Design - Daniel Budzinski

Lesson 57 – Warping Reality – The Words Exercise - Daniel Budzinski

Lesson 58 – Warping Reality – Daily Affirmation Statement - Daniel Budzinski

Lesson 59 – Warping Reality – How Energy Effects Humans – Denise Lyles

Lesson 60 – Warping Reality – Breaking Through Our Hardships – Denise Lyles

**UNIT 4 - RELATIONSHIPS**

RELATIONSHIPS: CAPITALIZE ON YOUR RELATIONSHIPS

Lesson 61 – Relationships – Our Most Essential Need - Daniel Budzinski

Lesson 62 – Relationships – Opening Doors of Opportunity - Daniel Budzinski

Lesson 63 – Relationships – The Power of Connection - Daniel Budzinski

Lesson 64 – Relationships – Setting Realistic Boundaries - Daniel Budzinski

Lesson 65 – Relationships – Developing, Managing and Sustaining Your Relationships – Cassandra Huysentruyt Grey

BELONGING: HOW DO YOUR SOCIAL GROUPS AFFECT YOU?

Lesson 66 – Belonging – Get the Support You Need - Daniel Budzinski

Lesson 67 – Belonging – Find Your Tribe - Daniel Budzinski

Lesson 68 – Belonging – Acceptance = Freedom - Daniel Budzinski

Lesson 69 – Belonging – The Power of Love - Daniel Budzinski

Lesson 70 – Belonging – Find Where You Belong – Michelle Shelton

VULNERABILITY: SHOULD VULNERABILITY BE SCARY?

Lesson 71 – Vulnerability – Overcoming Confrontation - Daniel Budzinski

Lesson 72 – Vulnerability – Loyalty & Trust Lead to Vulnerability - Daniel Budzinski

Lesson 73 – Vulnerability – The Five Minute Connect - Daniel Budzinski

Lesson 74 – Vulnerability – Excruciating Vulnerability – Ryan Emmons

Lesson 75 – Vulnerability – How to Handle Shame – Ryan Emmons

SAFETY: FIND & CREATE SAFETY IN YOUR RELATIONSHIPS

Lesson 76 – Safety – Finding Safety - Daniel Budzinski

Lesson 77 – Safety – A Safety Net for Others - Daniel Budzinski

Lesson 78 – Safety – Positive Speaking & Reflective Writing - Daniel Budzinski

Lesson 79 – Safety – Are Your Relationships Safe? – Michelle Shelton

Lesson 80 – Safety – Finding Safe Leaders – Michelle Shelton

1. **SOCIAL & EMOTIONAL SUCCESS**

**UNIT 1 – IMPORTANT LIFE SKILLS**

CHOOSING PURPOSE:

Lesson 1 – Choosing Purpose – Make Powerful Decisions – Chris Lambert

Lesson 2 – Choosing Purpose – Manage Stress – Chris Lambert

Lesson 3 – Choosing Purpose – Living Self-Disciplined & Self-Motivated – Chris Lambert

Lesson 4 – Choosing Purpose – Life Changing Goals – Chris Lambert

Lesson 5 – Choosing Purpose – Organizational Skills – Chris Lambert

SOCIAL SKILLS:

Lesson 6 – Social Skills– Social Awareness – Steven Torres

Lesson 7 – Social Skills – Perspective Is Everything - Steven Torres

Lesson 8 – Social Skills – Dynamic Empathy - Steven Torres

Lesson 9 – Social Skills – Diversity Expansion - Steven Torres

Lesson 10 – Social Skills – Respect Creates Connection - Steven Torres

HEALTHY RELATIONSHIPS:

Lesson 11 – Healthy Relationships – Relationship Skills – Chris Lambert

Lesson 12 – Healthy Relationships– Communication Matters – Chris Lambert

Lesson 13 – Healthy Relationships– Embracing Society – Chris Lambert

Lesson 14 – Healthy Relationships – Meaningful Relationships – Chris Lambert

Lesson 15 – Healthy Relationships – The Dream Team – Chris Lambert

SUCCESSFUL DECISION MAKING:

Lesson 16 – Successful Decision-Making – Identifying Problems – Terry Briggs

Lesson 17 – Successful Decision-Making – Critical Thinking – Terry Briggs

Lesson 18 – Successful Decision-Making – Problem Solving – Terry Briggs

Lesson 19 – Successful Decision-Making – Evaluating & Reflecting – Terry Briggs

Lesson 20 – Successful Decision-Making – Choosing Humanity – Terry Briggs

**UNIT 2 – MINDFULLNESS**

ENGINEERING CONSCIOUSNESS:

Lesson 21 – Engineering Consciousness – Philosophy in Life – Ashesh C Shah

Lesson 22 – Engineering Consciousness – The Idea of Self – Ashesh C Shah

Lesson 23 – Engineering Consciousness – Becoming Aware – Ashesh C Shah

Lesson 24 – Engineering Consciousness – Mindfulness – Ashesh C Shah

Lesson 25 – Engineering Consciousness – Processing Adversity – Ashesh C Shah

MINDFULNESS PRACTICES & PRINCIPLES

Lesson 26 – Mindfulness Practices & Principles – Meditation – Ashesh C Shah

Lesson 27 – Mindfulness Practices & Principles – Mantra and Verbal Reinforcements – Ashesh C Shah

Lesson 28 – Mindfulness Practices & Principles – Science & Neuroscience – Ashesh C Shah

Lesson 29 – Mindfulness Practices & Principles – Inclusion – Ashesh C Shah

Lesson 30 – Mindfulness Practices & Principles – Music & Mood – Ashesh C Shah

LEARNING THE BASICS

Lesson 31 – Healthy Communication – Listening – Daniel Budzinski

Lesson 32 – Healthy Communication – Thinking & Speaking – Daniel Budzinski

Lesson 33 – Healthy Communication – Seeking to Understand – Daniel Budzinski

Lesson 34 – Healthy Communication – Body Language and Voice tone– Daniel Budzinski

Lesson 35 – Healthy Communication – Facial Expressions – Daniel Budzinski

KNOWING YOURSELF

Lesson 36 – Knowing Yourself – Face Your Emotions – Elijah Thomas

Lesson 37 – Knowing Yourself – See Yourself – Elijah Thomas

Lesson 38 – Knowing Yourself – Identify Your Strengths – Elijah Thomas

Lesson 39 – Knowing Yourself – Build Self-Confidence – Elijah Thomas

Lesson 40 – Knowing Yourself – Believe in Yourself – Elijah Thomas

**UNIT 3 – BARRIERS TO SUCCESS**

MAKING POWERFUL DECISIONS

Lesson 41 – Making Powerful Decisions – Death of a Loved One – Sean Holland

Lesson 42 – Making Powerful Decisions – Pornography and Guilt – Sean Holland

Lesson 43 – Making Powerful Decisions – Successfully Returning to School – Sean Holland

Lesson 44 – Making Powerful Decisions – Digital Citizenship and Safety – Sean Holland

Lesson 45 – Making Powerful Decisions – Overcoming Traumatic Memories – Sean Holland

CRISIS MANAGEMENT

Lesson 46 – Crisis Management – Gangs, Guns and Fighting – Magaen Harris

Lesson 47 – Crisis Management – Suicide Prevention and Education – Magaen Harris

Lesson 48 – Crisis Management – Adrenaline and Aggression – Magaen Harris

Lesson 49 – Crisis Management – Learned Helplessness – Magaen Harris

Lesson 50 – Crisis Management – Mood and Behavior Management – Magaen Harris

REDIRECTING MY LIFE

Lesson 51 – Pain to Purpose – Dealing with Divorce and Separation – Sarita Whitcher

Lesson 52 – Pain to Purpose – Confusion, Pain & Identity – Sean Holland

Lesson 53 – Pain to Purpose – Self-Harm and Staying Safe – Sean Holland

Lesson 54 – Pain to Purpose – The Consequences of Drugs – Sarita Whitcher

Lesson 55 – Pain to Purpose – Diversity and Inclusion – Sean Holland

DEALING WITH TRAUMA AND PAIN

Lesson 56 – Dealing with Trauma – Identifying Trauma – Sean Holland

Lesson 57 – Dealing with Trauma – Trauma with Sexual Abuse and Molestation – Sarita Whitcher

Lesson 58 – Dealing with Trauma – Family Challenges Around Trauma – Sarita Whitcher

Lesson 59 – Dealing with Trauma – Emotional or Physical Trauma – Sarita Whitcher

Lesson 60 – Dealing with Trauma – Sexual Pressure – Sarita Whitcher

**UNIT 4 – REDIRECTING MY LIFE**

INTRODUCTION TO SUBSTANCE ABUSE

Lesson 61 – Introduction to Substance Abuse – Drugs and the Body and Mind – Ross Rossan III

Lesson 62 – Introduction to Substance Abuse – Marijuana, Nicotine, Tobacco and Cigarettes – Ross Rossan III

Lesson 63 – Introduction to Substance Abuse – Stimulants and Depressants – Ross Rossan III

Lesson 64 - Introduction to Substance Abuse – Vaping and JUULing – Ross Rossan III

Lesson 65 - Introduction to Substance Abuse – The Impact of Drugs on your Relationships – Magaen Harris

INTERVENTION CAN HELP YOU

Lesson 66 – Intervention Can Help You – Living Drug Free and Overcoming Drugs – Ross Rossan III

Lesson 67 – Intervention Can Help You – Coping with Grief, Loss and Shame – Ross Rossan III

Lesson 68 – Intervention Can Help You – Truancy: Absenteeism and Missing School – Ross Rossan III

Lesson 69 – Intervention Can Help You – Swearing and Degrading Words – Ross Rossan III

Lesson 70 – Intervention Can Help You – Suspension and Expulsion – Ross Rossan III

SOCIAL AND SELF-AWARENESS SKILLS

Lesson 71 – Social and Self-Awareness Skills – Cultural Implications Within Family and Learned Behavior – Amanda Brown

Lesson 72 – Social and Self-Awareness Skills – Primary and Secondary Impacts of Behavior – Amanda Brown

Lesson 73 – Social and Self-Awareness Skills – Restoring Yourself and Others – Amanda Brown

Lesson 74 – Social and Self-Awareness Skills – Sex Safety, Education and Boundaries – Amanda Brown

Lesson 75 – Social and Self-Awareness Skills – Sexual Abuse – Amanda Brown

COPING STRATEGIES

Lesson 76 – Coping Strategies – Suicide Prevention – Amanda Brown

Lesson 77 – Coping Strategies – Avoiding Exploitation (Human Trafficking) – Amanda Brown

Lesson 78 – Coping Strategies – Negative Thinking Patterns – Amanda Brown

Lesson 79 – Coping Strategies – Coping with Loss and Separation – Amanda Brown

Lesson 80 – Coping Strategies – Trauma and Behavior – Amanda Brown

1. **MENTAL HEALTH & WELLNESS**

**UNIT 1 – UPGRADE YOURSELF**

ANGER MANAGEMENT:

Lesson 1 – Anger Management – Defining Anger Management – Elijah Thomas

Lesson 2 – Anger Management – Angry Outcomes – Elijah Thomas

Lesson 3 – Anger Management – Types of Anger – Elijah Thomas

Lesson 4 – Anger Management – Handling Anger – Elijah Thomas

Lesson 5 – Anger Management – Overcoming Anger – Elijah Thomas

COMMUNICATION SKILLS:

Lesson 6 – Communication Skills – Connecting with Your Parents – Jibran Ahmed

Lesson 7 – Communication Skills – Communicating with Your Teachers – Jibran Ahmed

Lesson 8 – Communication Skills – Relating with Other Adults – Jibran Ahmed

Lesson 9 – Communication Skills – Communicating with Your Friends – Jibran Ahmed

Lesson 10 – Communication Skills – Your Internal Dialogue – Jibran Ahmed

THE POWER OF THOUGHTS:

Lesson 11 – Thoughts & Acceptance – Changing Our Thought Patterns – Dr. Craig Bailey

Lesson 12 – Thoughts & Acceptance – Overcoming Sad Feelings – Dr. Craig Bailey

Lesson 13 – Thoughts & Acceptance – Motivated by Positive Feelings – Dr. Craig Bailey

Lesson 14 – Thoughts & Acceptance – The Feeling of Hopelessness – Dr. Craig Bailey

Lesson 15 – Thoughts & Acceptance – How Choices Effect Our Thinking – Dr. Craig Bailey

KNOW YOURSELF, LOVE YOURSELF:

Lesson 16 – Know Yourself, Love Yourself – Self-Worth – Herman Shelton

Lesson 17 – Know Yourself, Love Yourself – Self-Esteem in Tough Situations – Herman Shelton

Lesson 18 – Know Yourself, Love Yourself – Limits and Abilities – Herman Shelton

Lesson 19 – Know Yourself, Love Yourself–Loved, Valuable, and Accepted – Herman Shelton

Lesson 20 – Know Yourself, Love Yourself – Positive Reinforcement – Herman Shelton

**UNIT 2 – TRANSFORM BULLYING**

UNDERSTANDING BULLYING

Lesson 21 – Understanding Bullying – Hurt People…Hurt People – Jaison Koshy

Lesson 22 – Understanding Bullying –Trauma and Insecurity – Jaison Koshy

Lesson 23 – Understanding Bullying – Being Different – Jaison Koshy

Lesson 24 – Understanding Bullying –Tragedy on Both Sides – Jaison Koshy

Lesson 25 – Understanding Bullying – Solutions to Bullying – Jaison Koshy

EFFECTS OF BULLYING

Lesson 26 – Effects of Bullying – Dehumanizing the Victim – Drew Neal

Lesson 27 – Effects of Bullying – Effects on the Bullied – Drew Neal

Lesson 28 – Effects of Bullying – Effects on the Bully – Drew Neal

Lesson 29 – Effects of Bullying – Effects on the Bystanders – Drew Neal

Lesson 30 – Effects of Bullying – Effects on Culture – Drew Neal

BEING A CHAMPION

Lesson 31 – Being a Champion – Diffuse the Situation – Jaison Koshy

Lesson 32 – Being a Champion – Knowing Your Worth and Everyone Else's – Jaison Koshy

Lesson 33 – Being a Champion – What's at Stake – Jaison Koshy

Lesson 34 – Being a Champion – Being Observant – Jaison Koshy

Lesson 35 – Being a Champion – Creating Real Change – Jaison Koshy

OVERCOMING BULLYING: REAL STORIES

Lesson 36 – Overcoming Bullying: Real Stories – Tricks & Tips to Overcome – Drew Neal

Lesson 37 – Overcoming Bullying: Real Stories – Standing Up the Right Way – Drew Neal

Lesson 38 – Overcoming Bullying: Real Stories – Forgiveness – Drew Neal

Lesson 39 – Overcoming Bullying: Real Stories – Techniques to Overcome Bullying – Drew Neal

Lesson 40 – Overcoming Bullying: Real Stories – Finding Your Tribe – Drew Neal

**UNIT 3 – SOCIAL IMPACT**

CITIZENSHIP

Lesson 41 – Citizenship – Defining Citizenship – John Cooke

Lesson 42 – Citizenship – The Power of Your Vote – John Cooke

Lesson 43 – Citizenship – Your Country – John Cooke

Lesson 44 – Citizenship – Reasons for the Law – John Cooke

Lesson 45 – Citizenship – Being A Part of Your Community – John Cooke

DIVERSITY

Lesson 46 – Diversity – Defining Diversity – Rueben Ellis

Lesson 47 – Diversity – Why We Need Diversity – Rueben Ellis

Lesson 48 – Diversity – Embracing Diversity – Rueben Ellis

Lesson 49 – Diversity – Broadening Our Perspective – Rueben Ellis

Lesson 50 – Diversity – Diversity and My Life – Rueben Ellis

PEACE OFFICERS

Lesson 51 – Peace Officers – Who Are Peace Officers? – John Cooke

Lesson 52 – Peace Officers – Staying Safe in an Interaction – John Cooke

Lesson 53 – Peace Officers – Peace Officer Interactions – John Cooke

Lesson 54 – Peace Officers – Best Practices When Questioned – John Cooke

Lesson 55 – Peace Officers – Protecting All Rights – John Cooke

FIGHTING FOR JUSTICE

Lesson 56 – Fighting for Justice – Defining Social Justice – Rueben Ellis

Lesson 57 – Fighting for Justice – Your Rights as a Minor – Rueben Ellis

Lesson 58 – Fighting for Justice – Discrimination – Sean Holland

Lesson 59 – Fighting for Justice – Racism – Sean Holland

Lesson 60 – Fighting for Justice – Environmental Justice – Rueben Ellis

**UNIT 4 – OVERCOMING ADVERSITY**

IT’S NOT YOUR FAULT

Lesson 61 – It's Not Your Fault – Divorce & Separation – Steven Torres

Lesson 62 – It's Not Your Fault – Physical Abuse – Steven Torres

Lesson 63 – It's Not Your Fault – Emotional Abuse – Magaen Harris

Lesson 64 – It's Not Your Fault – Physical and Emotional Neglect – Magaen Harris

Lesson 65 – It's Not Your Fault – Sexual Abuse – Magaen Harris

FAMILY CHALLENGES

Lesson 66 – Family Challenges – Death of a Loved One – Herman Shelton

Lesson 67 – Family Challenges – Incarceration – Herman Shelton

Lesson 68 – Family Challenges – Suicide – Magaen Harris

Lesson 69 – Family Challenges – Depression & Anxiety – Magaen Harris

Lesson 70 – Family Challenges – Substance Abuse – Herman Shelton

RESILLIENCY

Lesson 71 – Resiliency – Defining Resiliency – Terry Briggs

Lesson 72 – Resiliency – Elasticity – Terry Briggs

Lesson 73 – Resiliency – The End Isn't the End – Terry Briggs

Lesson 74 – Resiliency – Coping Skills – Terry Briggs

Lesson 75 – Resiliency – Creating Your Team – Terry Briggs

MENTAL WELLNESS

Lesson 76 – Mental Wellness – Anxiety – Jibran Ahmed

Lesson 77 – Mental Wellness – Depression – Jibran Ahmed

Lesson 78 – Mental Wellness – Mindfulness – Jibran Ahmed

Lesson 79 – Mental Wellness – Learning How to Say "No" – Sean Holland

Lesson 80 – Mental Wellness – Being Present – Jibran Ahmed

1. **COLLEGE & CAREER READINESS**

**UNIT 1 – LIFE AFTER HIGH SCHOOL**

JOIN THE WORKFORCE

Lesson 1 – Join the Workforce – The Value of The Workforce – Gary Budzinski

Lesson 2 – Join the Workforce – Job Searching Skills – Jared Davis

Lesson 3 – Join the Workforce – Which Careers Will Have the Highest Demand in The Next Decade? – Eric Pulier

Lesson 4 – Join the Workforce – Identify Your Character Traits & Find Related Career Interests – Lior Elazary

Lesson 5 – Join the Workforce – Develop A College & Career Vision Statement – Shannon Ashford

WHICH SCHOOL IS RIGHT FOR YOU?

Lesson 6 – Which School Is Right for You – Types of Colleges – Shannon Ashford

Lesson 7 – Which School Is Right for You – Community/Junior College – Daniel Budzinski

Lesson 8 – Which School Is Right for You – Trade, Vocational & Technical College – Daniel Budzinski

Lesson 9 – Which School Is Right for You – Testing Programs (ACT & SAT) – Jared Davis

Lesson 10 – Which School Is Right for You – Timeline for Applying to College – Jared Davis

ENTREPENEURSHIP

Lesson 11 – Entrepreneurship – The Importance of a Team – Alex Capecelatro

Lesson 12 – Entrepreneurship – Cultivating an Idea / Recognizing Opportunities – Chad Billmyer

Lesson 13 – Entrepreneurship – Securing Funding – Chad Billmyer

Lesson 14 – Entrepreneurship – The Startup Lifestyle – Eric Pulier

Lesson 15 – Entrepreneurship – Everything Is Sales - Alex Capecelatro

EXPLORE OTHER OPPORTUNITIES

Lesson 16 – Explore Other Opportunities – Internships – Katrina Gorospe

Lesson 17 – Explore Other Opportunities – Entrepreneurship – Cassandra Huysentruyt Grey

Lesson 18 – Explore Other Opportunities – Volunteering – Shannon Ashford

Lesson 19 – Explore Other Opportunities – Pursue Your Passions – Alex Capecelatro

Lesson 20 – Explore Other Opportunities – Overseas Travel Opportunities – Tony Dunn

**UNIT 2 – COLLEGE & CAREER PREPARATION**

FINDING SUCCESS AT WORK:

Lesson 21 – Finding Success at Work – Why Problem Solving Is Important at Work – Elijah Thomas

Lesson 22 – Finding Success at Work – Changing the Way We Think About Productivity – Jesse Budzinski

Lesson 23 – Finding Success at Work – Proper Grooming & Dress – Ian Wagner

Lesson 24 – Finding Success at Work – Accomplishing Big & Small Tasks at Work – Gary Budzinski

Lesson 25 – Finding Success at Work – How to Be Enthusiastic About Our Life – Ian Wagner

FINANCIAL AID:

Lesson 26 – Financial Aid – Scholarships - Alex Capecelatro

Lesson 27 – Financial Aid – Student Loans – Daniel Budzinski

Lesson 28 – Financial Aid – Grants – Jared Davis

Lesson 29 – Financial Aid –Work-Study Funds – Chad Billmyer

Lesson 30 – Financial Aid – FAFSA / Application Deadlines – Jared Davis

JOB PREPARATION:

Lesson 31 – Job Preparation – Resumes & Online Profiles – Lela Dennis

Lesson 32 – Job Preparation – Interviewing Skills – Lela Dennis

Lesson 33 – Job Preparation – Follow Up Letters, Portfolio Creation & Reference Lists – Lela Dennis

Lesson 34 – Job Preparation – Networking – Lela Dennis

Lesson 35 – Job Preparation – What Makes a Good Interview – Lior Elazary

PREPARE FOR COLLEGE & CAREER:

Lesson 36 – Prepare for College & Career – Time Management and Priorities - Shannon Ashford

Lesson 37 – Prepare for College & Career – How to Discover What You Want to Do – Rick Schirmer

Lesson 38 – Prepare for College & Career – Social Distractions – Shannon Ashford

Lesson 39 – Prepare for College & Career – What Are Your Gifts? – Tony Dunn

Lesson 40 – Prepare for College & Career – Don’t Know Where to Get Help? – Daniel Budzinski

**Unit 3 – STARTING SCHOOL & GETTING THE JOB**

TRAITS OF A SUCCESSFUL STUDENT & EMPLOYEE:

Lesson 41 – Traits of A Successful Student & Employee – Professionalism – Lela Dennis

Lesson 42 – Traits of A Successful Student & Employee – Work Ethic – Lela Dennis

Lesson 43 – Traits of A Successful Student & Employee – Problem Solving & Decision Making – Lior Elazary

Lesson 44 – Traits of A Successful Student & Employee – Driven & Dependable – Katrina Gorospe

Lesson 45 – Traits of A Successful Student & Employee – Lifelong Learner – Alyssa Garcia

LIFE SKILLS:

Lesson 46 – Life Skills – Household Basics – Daniel Budzinski

Lesson 47 – Life Skills – The Art of Negotiation – Lior Elazary

Lesson 48 – Life Skills – Staying Safe & Healthy – Shannon Ashford

Lesson 49 – Life Skills – Moving Out – Katrina Gorospe

Lesson 50 – Life Skills – The Art of Conversation – Rick Schirmer

MAKE YOURSELF MARKETABLE NOW:

Lesson 51 – Make Yourself Marketable Now – Making the Choice & Accepting Responsibility – Jesse Budzinski

Lesson 52 – Make Yourself Marketable Now – Extra-Curricular Activities and Clubs – Gary Budzinski

Lesson 53 – Make Yourself Marketable Now – How to Stay Curious and Motivated – Rick Schirmer

Lesson 54 – Make Yourself Marketable Now – Creating A Vision for Your Life – Rachel McCord

Lesson 55 – Make Yourself Marketable Now – Life Experiences – Danniebelle Cagas

RESOURCES:

Lesson 56 – Resources – Teachers – Danniebelle Cagas

Lesson 57 – Resources – Parents/Guardian – Danniebelle Cagas

Lesson 58 – Resources – School Groups – Amanda Latifi

Lesson 59 – Resources – Quality Peers - Alyssa Garcia

Lesson 60 – Resources – Mentors – Katrina Gorospe

**UNIT 4 – TOOLS FOR SUCCESS**

PERSONAL FINANCE:

Lesson 61 – Personal Finance – Budgeting, Saving & Investing – Daniel Budzinski

Lesson 62 – Personal Finance – Setting Up & Managing A Bank Account – Daniel Budzinski

Lesson 63 – Personal Finance – Smart Shopping – Amanda Latifi

Lesson 64 – Personal Finance – Credit Cards – Daniel Budzinski

Lesson 65 – Personal Finance – What Does a Budget Look Like? – Rhoda Nazanin

SKILLS YOU NEED:

Lesson 66 – Skills You Need – Written Communication – Danniebelle Cagas

Lesson 67 – Skills You Need – Nonverbal & Verbal Communication – Rachel McCord

Lesson 68 – Skills You Need – Actives That Energize You – Alyssa Garcia

Lesson 69 – Skills You Need – The Power of Focus – Tony Dunn

Lesson 70 – Skills You Need – Organizing Your Life – Chad Billmyer

BEHAVIORS & TRAITS THAT LEAD TO SUCCESS:

Lesson 71 – Behaviors & Traits That Lead to Success – Be Proactive – Daniel Budzinski

Lesson 72 – Behaviors & Traits That Lead to Success – Have Integrity – Katrina Gorospe

Lesson 73 – Behaviors & Traits That Lead to Success – Develop A Passion – Danniebelle Cagas

Lesson 74 – Behaviors & Traits That Lead to Success – Be Optimistic – Rachel McCord

Lesson 75 – Behaviors & Traits That Lead to Success – Have Persistence & Dedication – Katrina Gorospe

DISCIPLINES THAT LEAD TO SUCCESS:

Lesson 76 – Disciplines That Lead to Success – Learn How to Study – Shannon Ashford

Lesson 77 – Disciplines That Lead to Success – Dress for Success – Rachel McCord

Lesson 78 – Disciplines That Lead to Success – Develop Business Vocabulary and Terminology – Gary Budzinski

Lesson 79 – Disciplines That Lead to Success – Cultural Sensitivity – Shannon Ashford

Lesson 80 – Disciplines That Lead to Success – Self-Assessment & Awareness – Tony Dunn

1. **Intervention on Purpose**
* Using Social Media The Right Way
* Hopelessness, Sad Feelings & Irrational Thinking
* Anger and Temper Management
* Anxiety
* Bullying and Cyberbullying
* Vision of Self
* Talking to Parents and Guardians, Adults and Peers: Communication Skills
* Depression
* Self-Esteem & Self-Worth: How To Be Proud & Love Yourself
* Building Healthy Friendships & Relationships With Healthy Communication
* Getting To Know Your Identity & Self
* Impact & Contribute In Your Community
* Building Compassion & Empathy For Others
* Death of a Loved One
* Coping & Strategies When Loves Ones Are Incarcerated
* Dealing with Divorce & Separation
* It’s Not Black and White: Becoming A Dynamic Leader
* Dealing With Rejection
* It's Ok If You’re Different
* Hope With Teen Pregnancy
* Overcoming Peer Pressure and Bad Memories
* Use Your Voice, Speak Out & Don’t Stay Silent
* How to Write Life Changing Goals For Your Future
* Managing Stress and Emotions
* Walking Through Forgiveness
* Meditation and Keeping Calm
* Learn to Date Yourself
* Live By Character, Integrity, Principles, Values and Purpose
* Turn Your Life Around & Start Again
* Dress and Groom For Success
* Self-Motivate and Create Ambition & Curiosity
* Suicide Prevention and Education
* Substance Abuse
* Resiliency, Elasticity & Coping Strategies
* The Importance of Mentorship
* Identify My Needs & Limits
* Impulsive Decision-Making To Successful Decision Making
* Focus & Refocus
* Accepting and Taking Responsibility
* Coping With Grief, Loss and Shame
* Diversity and Inclusion
* Mood and Behavior Management
* Suspension and Expulsion
* Self-Harm and Staying Safe
* Sexual Abuse and Sexual Pressure
* Learned Helplessness
* Primary and Secondary Impacts of Behavior
* Gangs, Guns and Fighting
* Avoiding Exploitation (Human Trafficking)
* How To Return Successfully to School
* Learning Refusal Skills & How To Say “NO”
* Truancy
* Restorative Practices
* Adrenaline and Aggression
* Digital Citizenship and Safety
* Cultural Implications Within Family and Learned Behavior
* Swearing and Degrading Words
* An Introduction to Substance Abuse
* Drugs and the Body and Mind
* Stimulants and Depressants (including alcohol)
* Vaping and JUULing
* Drugs and Relationships
* Living Drug Free and Overcoming Drugs