

# LIFE SKILLS

*Essentials to a Healthy Life*





# TABLE OF CONTENTS

About The Authors .....	3
Introduction .....	4
Completion Requirements and Class Expectations .....	5
Confidentiality Policy .....	6
Mandatory Reporting .....	7
Evaluation Process .....	8
Presenting the Materials .....	12
5 Sessions, 15 Activities .....	13
<b>SESSION ONE: BACK TO THE BEGINNING</b> .....	15
It All Begins In Elementary .....	18
What's Your Utopia? .....	26
Getting Back to the Basics .....	33
<b>SESSION TWO: WHAT'S HOLDING YOU BACK?</b> .....	39
How Many Cracks Do You Have? .....	42
How Many Crutches are You Leaning On? .....	47
What Are You Creating? .....	51
<b>SESSION THREE: WATCHING/CREATING/ESCAPING</b> .....	57
How Do You See Yourself? .....	60
What Skills Do You Have? .....	66
Where Does Your Passion Come From? .....	71
<b>SESSION FOUR: WHAT DO YOU KNOW?</b> .....	79
Why Should I Take You Serious? .....	82
Concept to Creation .....	89
Learning to Find Your Voice .....	93
<b>SESSION FIVE: FATE VS DESTINY</b> .....	101
What's In Your Way? .....	104
So What? .....	113
What's Your Choice? .....	117

IMPORTANT HEALTH ISSUES AND COMMON DISEASES .....	63
JOURNALISTIC OBJECTIVITY ACTIVITY .....	64
NUTRITION AND WELL-BEING: THINGS TO KNOW .....	65
DISEASE RELATED TO HEALTH CHOICES .....	66
UNLIMITED POWERS OF THE BRAIN .....	67
DISCUSSION QUESTIONS .....	70
NERVOUS SYSTEM AND STRESS .....	72
NERVOUS SYSTEM RESPONSES TO STRESS .....	75
MATCHING CHALLENGE ACTIVITY .....	76
DISCUSSION QUESTIONS .....	78
 <b>SESSION THREE: HOW DO YOU MARKET YOURSELF</b> .....	 81
WEEK 3: HOW DO YOU MARKET YOURSELF .....	82
VISION / MISSION / WHY .....	84
VISION / MISSION / WHY .....	85
DISCUSSION QUESTIONS .....	92
30-SECOND ELEVATOR PITCH .....	94
DISCUSSION QUESTIONS .....	97
RESUMES / COVER LETTERS .....	99
BUILDING A RESUME .....	100
SAMPLE RESUMES AND COVER LETTERS .....	101
DISCUSSION QUESTIONS .....	106
 <b>SESSION FOUR SOCIAL NETWORKING</b> .....	 110
WEEK 4: SOCIAL NETWORKING .....	111
NEVER STOP LEARNING .....	113
DISCUSSION QUESTIONS .....	115
PASSION / PURPOSE / PROFIT .....	117
DISCUSSION QUESTIONS .....	119
INTERVIEW SKILLS .....	121
INTERVIEW SKILLS .....	122
DISCUSSION QUESTIONS .....	127

<b>SESSION FIVE: BUSINESS VERSUS LIFE</b> .....	<b>131</b>
WEEK 5: BUSINESS 101 .....	132
BUSINESS & LIFE .....	134
COMPARING BUSINESS TO LIFE .....	135
ERIC THOMAS QUOTES .....	137
DISCUSSION QUESTIONS .....	138
BEING YOUR OWN ENTREPRENEUR .....	140
TALKING ACCOUNTABILITY .....	141
DISCUSSION QUESTIONS .....	142
IF YOU CAN SEE IT, YOU CAN CREATE IT .....	144
HOW DO YOU CREATE THE LIFE YOU DESIRE? .....	145
DISCUSSION QUESTIONS .....	153



# ABOUT THE AUTHORS



## BRYAN WRIGHT

Bryan graduated from the University of Wisconsin Oshkosh with a Bachelor's degree in Criminal Justice. Throughout college, he served in a restorative justice program, became a behavioral specialist, and worked to provide education to inmates. This sparked his passion for prevention, intervention, and giving people second chances.

"All these experiences taught me that much more must be done to help families and kids going through troubled times. More programs need to be designed to help these kids before they get to the point of being locked up."

After graduation, Bryan was privileged to work at Safe Haven Domestic Abuse Services, where he began designing and developing new activities and programs for families and youth. His talent for creating engaging content for youth development and risk prevention was the catalyst for his creating his own business, Dynamic Family Solutions, LLC.

For more information about our co-author Bryan Wright, please visit [dynamicfamilysolutions.net](http://dynamicfamilysolutions.net)



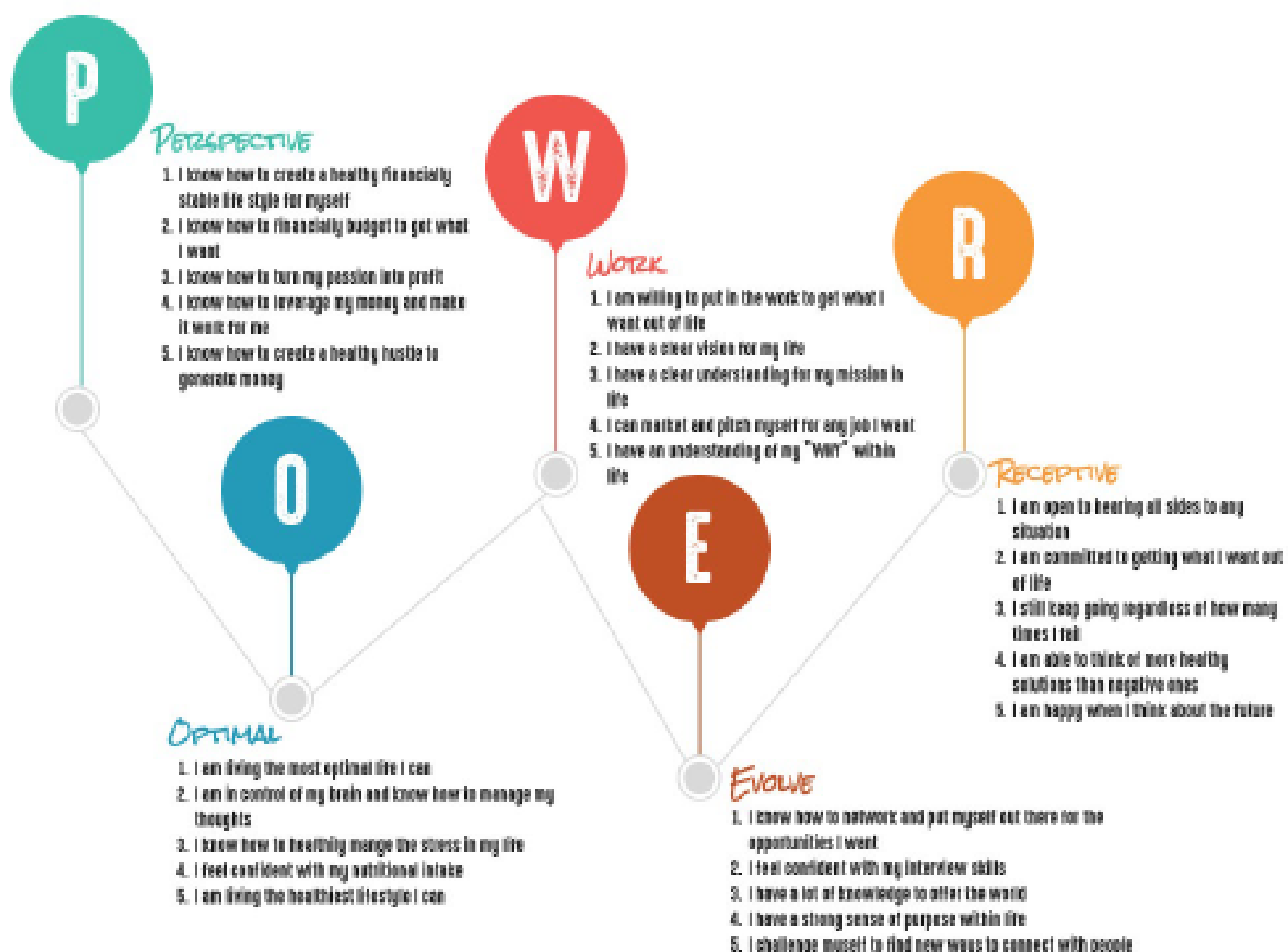
# INTRODUCTION

## WELCOME

Welcome to the *Life Skills: Essentials to a Healthy Lifestyle* curriculum developed by Dynamic Family Solutions, LLC. Our goal with this program is to approach the youth demographic by teaching instrumental lessons for life that will benefit and propel their future. Lessons include financial wellness, nutrition, and professional strategies for building a successful career and sustainable lifestyle.

We understand that it is becoming more challenging to find and offer these essential skills courses amongst the many other requirements that are needing to be met. This is a program that can be easily incorporated to help address this gap and area of need.

The course is structured with five weeks of class time. Classes work towards set goals and objectives built into each week of the program based upon the P.O.W.E.R acronym:





# 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 Codes

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

### P : Perspective

- ➊ I know how to create a healthy, financially stable life style for myself
- ➋ I know how to budget financially to get what I want
- ➌ I know how to turn my passion into a profit
- ➍ I know how to leverage my money and make it work for me
- ➎ I know how to create a healthy hustle to generate money

### O: Optimal

- ➊ I am living the most optimal life I can
- ➋ I am in control of my brain and know how to manage my thoughts
- ➌ I know how to healthily manage the stress in my life
- ➍ I feel confident with my nutritional intake
- ➎ I am living the healthiest lifestyle I can

### W: Work

- ➊ I am willing to put in the work to get what I want out of life
- ➋ I have a clear vision for my life
- ➌ I have a clear understanding of my mission in life
- ➍ I can market and pitch myself for any job I want
- ➎ I have an understanding of my "WHY" in life



#### E: Evolve

- 1 I know how to network and put myself out there for the opportunities I want
- 2 I feel confident with my interview skills
- 3 I have a lot of knowledge to offer the world
- 4 I have a strong sense of purpose in life
- 5 I challenge myself to find new ways to connect with people

#### R: Receptive

- 1 I am open to hearing all sides of any situation
- 2 I am committed to getting what I want out of life
- 3 I still keep going regardless of how many times I fail
- 4 I can think of more healthy solutions than negative ones
- 5 I am happy when I think about the future

These codes will be used to determine the effectiveness of each week and whether or not the chapters and activities created are working the way they should. This is why the collection of the pre and post evaluation forms is crucial as is having them submitted back to Dynamic Family Solutions, LLC. Address and other information shall be provided upon facilitator training as to where and how forms can be submitted.



# LIFE SKILLS PROGRAM 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 the answer you select. Fill-in ONE bubble for each statement.</p>		<input type="checkbox"/> 1 Completely Agree <input type="checkbox"/> 2 Mostly Agree <input type="checkbox"/> 3 Slightly Agree <input type="checkbox"/> 4 Neither Agree or Disagree <input type="checkbox"/> 5 Slightly Disagree <input type="checkbox"/> 6 Mostly Disagree <input type="checkbox"/> 7 Completely Disagree	
1	I am living the most optimal life I can	<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	O
2	I know how to create a healthy, financially stable life style for 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	P
3	I am willing to put in the work to get what I want out of 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	W
4	I know how to network and put myself out there for the opportunities I want	<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	E
5	I am open to hearing all sides of any situation	<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	R
6	I have a clear vision 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	W
7	I am committed to getting what I want out of 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	R

8	I am in control of my brain and know how to manage my thoughts	<input type="text"/> 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> 4 <input type="text"/> 5 <input type="text"/> 6 <input type="text"/> 7	O
9	I know how to budget financially to get what I want	<input type="text"/> 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> 4 <input type="text"/> 5 <input type="text"/> 6 <input type="text"/> 7	P
10	I feel confident with my interview skills	<input type="text"/> 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> 4 <input type="text"/> 5 <input type="text"/> 6 <input type="text"/> 7	E
11	I know how to turn my passion into a profit	<input type="text"/> 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> 4 <input type="text"/> 5 <input type="text"/> 6 <input type="text"/> 7	P
12	I have a wealth of knowledge to offer the world	<input type="text"/> 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> 4 <input type="text"/> 5 <input type="text"/> 6 <input type="text"/> 7	E
13	I still keep going regardless of how many times I fail	<input type="text"/> 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> 4 <input type="text"/> 5 <input type="text"/> 6 <input type="text"/> 7	R
14	I have a clear understanding of my mission in life	<input type="text"/> 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> 4 <input type="text"/> 5 <input type="text"/> 6 <input type="text"/> 7	W
15	I know how to healthily manage the stress in my life	<input type="text"/> 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> 4 <input type="text"/> 5 <input type="text"/> 6 <input type="text"/> 7	O
16	I can think of more healthy solutions than negative ones	<input type="text"/> 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> 4 <input type="text"/> 5 <input type="text"/> 6 <input type="text"/> 7	R
17	I feel proud of what I am putting back into the world	<input type="text"/> 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> 4 <input type="text"/> 5 <input type="text"/> 6 <input type="text"/> 7	O
18	I can market and pitch myself for any job I want	<input type="text"/> 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> 4 <input type="text"/> 5 <input type="text"/> 6 <input type="text"/> 7	W
19	I know how to leverage my money and make it work for me	<input type="text"/> 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> 4 <input type="text"/> 5 <input type="text"/> 6 <input type="text"/> 7	P



20	I have a strong sense of purpose in 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	E
21	I know how to create a healthy hustle to generate money	<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	P
22	I am creating and planting more positive seeds than negative ones	<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	O
23	I have an understanding of my "WHY" in 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	W
24	I challenge myself to find new ways to connect with people	<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	E
25	I am happy when I think about the future	<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	R

# PRESENTING THE MATERIALS PAGE

## Program Objective

The objectives of this program are designed to help inform youth of healthy life skills that can 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 is intended to be a five-week curriculum consisting of 90 minutes of class instruction each week. 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 definition 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 each week to be completed. Each activity is designed to get attendees thinking about their life, choices, and future and take a deep dive into who they really are instead of who they want to be. The facilitator will read the talking point first and go onto 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, nor do we 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 giving advice on what the attendees 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, it is recommended that participants do their research, talk with experts and seek out as much advice on these issues as possible to make the most straightforward decision for what works best for them and their situation.



# 5 SESSIONS, 15 ACTIVITIES

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

SESSION ONE

**MAKING  
MONEY**



SESSION TWO

**YOUR BODY/  
YOUR  
TEMPLE**



SESSION THREE

**HOW DO YOU  
MARKET  
YOURSELF**



SESSION FOUR

**SOCIAL  
NETWORKING**



SESSION FIVE

**BUSINESS  
VERSUS  
LIFE**



SESSION ONE

# MAKING MONEY

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# SESSION ONE: MAKING MONEY



## ACTIVITY #1 (30 minutes)

### WHAT'S YOUR HUSTLE

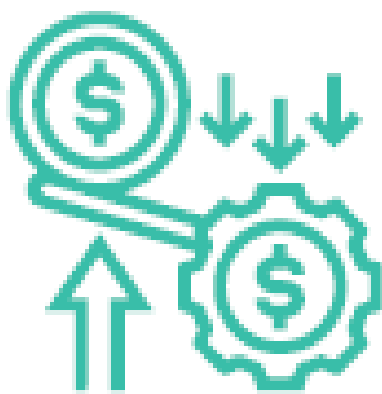
Purpose: Learn different ways to make positive, intelligent, and reoccurring income that can allow you to become financially secure.



## ACTIVITY #2 (30 minutes)

### BANKING / BUDGETING 101

Purpose: Learn how to budget, save for the things you want, and learn how to save enough to create a sustainable future.



## ACTIVITY #3 (30 minutes)

### HOW TO LEVERAGE YOUR MONEY

Purpose: Learning ways to make your money work for you instead of you having to work for it.

# DEFINITIONS WORKSHEET

Please define each of these words or phrases:

- 1 Hustle –
- 2 Budgeting / Delayed Gratification –
- 3 Leverage –
- 4 Passive Income –

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.

**Hustle** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Budgeting / Delayed Gratification** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Leverage** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Passive Income** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# WHAT'S YOUR HUSTLE

## OBJECTIVE

Learn different ways to make positive, intelligent, and reoccurring income that can allow you to become financially secure.

## TALKING POINTS

Everyone can tap into one of the most significant resources of all time: the World Wide Web. Having Wi-Fi access gives you access to the world, and with the world at your fingertips, it provides you with unfettered potential. Given Wi-Fi, you have knowledge, wisdom, and limitless options possible. With knowledge comes power; what you choose to do with that knowledge will differentiate you from anyone else and help take you where you want to be. If you had unlimited access to learn anything you wanted, would that put you at a higher advantage to succeed?

Generating money comes from creatively finding ways to provide a service, support an area of need, or provide something of desire to others. Suppose that desire, area of need, or service you are providing is directly tied to helping solve a fundamental problem. In that case, you can create stable and sustainable income. Think about how many problems you could list within your community, school, family, life, and the world. It doesn't take looking too far, especially with Wi-Fi, to notice we have problems all around us.

Some people may look at these problems and think the world sucks. Everything is doomed. In contrast, others see unlimited opportunities to tap into and create solutions to help. Those that tap into helping, creating, and figuring out new ways to solve problems, instead of complaining about them, are the hustlers of the world. They are the ones that go on to be entrepreneurs or game changers and can make money doing it every step of the way.

"WHAT YOU GO THROUGH, YOU WILL GROW THROUGH"

— FRIEDRICH NIETZSCHE

The problems you encounter or experience will inevitably give you more opportunities to generate, create, or develop solutions. Finding healthy ways to overcome obstacles and raising yourself above the struggles is a blueprint for life. A blueprint becomes your playbook for overcoming and is worth sharing with others. With Wi-Fi at your fingertips, you can creatively bring to life anything you envision, any product or invention you want. There is no excuse for you to not be able to make money in a world without a shortage of problems.



# WHAT'S YOUR HUSTLE THINGS TO KNOW

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## WAYS TO HUSTLE



ONLINE SURVEYS



ONLINE STORE



MOW SOME LAWN



PHOTOGRAPHY



DOG WALKER



YARD WORK

06

100'S OF WAYS TO HUSTLE

## DISCUSSION QUESTIONS

- 1 How many of you have a job at the moment?
- 2 What are your top ways of making or coming up with money?
- 3 Are the ways you are creating money negative or positive?
- 4 What is it that you see yourself doing the most every day?
- 5 What skill sets do you see yourself learning most from what you are doing?
- 6 What skills do you see yourself having the most of?
- 7 What skills would you be willing to learn to get a job? What skills would you want to learn from a job?
- 8 What areas in life do you love the most? Being outside, being with friends, swimming, hiking, painting, writing, etc.?
- 9 How can you take what you love to do and turn it into your hustle?
- 10 What are some of the needs or necessities lacking in your area that you could help or be a part of? Could you create a positive solution to help areas of need and create a hustle from that?

Date:

## MY NOTES

[illegible]

**"I never dreamed about success. I worked for it."**

-Estée Lauder



# BANKING/BUDGETING 101

## OBJECTIVE

Learn how to budget, save for the things you want, and learn how to save enough to create a sustainable future.

## TALKING POINTS

Once you can create your hustle and ways of generating money in a healthy, sustainable way, the next crucial step is learning to save and budget it. You have to learn to put money away and set your priorities with what you truly want to have in life. These should be the most important, definitive things you want.

The average mindset and person already have the paycheck or money they are making spent before they get paid. In their heads, they already know the next big purchase or item they will get, even if the money isn't there. But there is seemingly unlimited access to credit cards, loans, and fast cash stores to get cash quickly. The faster it comes in, the faster it goes, with everything being so immediate.

An area of concern is everything being automated, with unlimited services, accounts, and streaming platforms available to sign up for with your credit card. Free trials get you in the door with the hope you will stay subscribed, at best, or have you forget you signed up with them and just let your card get auto-charged monthly, at worst. Human desire and immediate gratification make it nearly impossible to have any restraint for delayed gratification.

In a world where everything is at your fingertips, you can find limitless items that can be shipped to you immediately. The world is being designed so that you never have to leave your house if you don't want to. Think about how easy it is to get caught up searching for items that can help you with anything you need and how many hours can be spent on sites shopping and searching. The satisfaction you get knowing you found something you've wanted or something that will help with a problem that has been on your list forever is incredible. It is effortless to get caught up daily, finding yourself click, click, clicking away.

More clicks equal more money going out, and the less there is to put away or begin to budget for something more. Building a nest or stash of cash takes time and a ton of self-control and restraint, but learning to budget can be one of the world's most rewarding and satisfying feelings. We all have that one item that felt like it took an eternity to save up to buy, and immediately the second we hit that amount, boom, that money was gone. But it didn't matter because it was glorious to have worked, saved, and purchased that item, or whatever it was, on your own. If you can do it for the small items, then think of the even bigger ones you can save for: a house, a car, or anything.

# BANKING 101

Savings/Checkings

Debit/Credit

loans/Credit  
Score

Mutual  
Funds/Crypto





## How to BUDGET TO GET WHAT YOU WANT

### TOP 5 THINGS YOU WANT TO SAVE FOR

---

- 1.
- 2.
- 3.
- 4.
- 5.

HOW MUCH DO THEY ALL ADD UP TO?

## DISCUSSION QUESTIONS

- 1 Is there anything you really wanted that you saved and bought with your own money?
- 2 How long did it take you to save up enough money for what you wanted? How did it feel when you were able to purchase what you wanted?
- 3 How many of these things are materialistic or are savings for your future?
- 4 If you had all the money you needed to buy whatever you wanted, what would be the first thing you would buy?
- 5 Do you have a job or a hustle that you are currently doing to make or bring in legal money?
- 6 If you totaled up the cost of all the things you bought last month, would the total surprise you?
- 7 Where, and on what, do you currently spend your money? How often do you save money?
- 8 Where do you save your money or keep your money safe?
- 9 Do you know how much you spend every week, month, or year on the things you have?
- 10 Did you save enough money that one emergency or bill won't break you?



Date:

## MY NOTES

[illegible]

**“A budget is telling your money where to go instead of wondering where it went.” – Dave Ramsey**

# HOW TO LEVERAGE YOUR MONEY

## OBJECTIVE

Learning ways to make your money work for you instead of you having to work for it.

## TALKING POINTS

Once you have money you can put away, you can begin to learn how to make that money work for you. Yes, you heard that correctly; money 100% can work for you and not the other way around. The people that have learned to tap into passive income forever ago are the ones that have compiled and generated insurmountable wealth that is now generationally being passed down. Even when they are long gone off this earth, they have invested in so many areas to create passive income or revenue streams, that they don't have to work anymore. This is then passed down to their kids and their kids, kids.

Honestly and full-heartedly, does it upset you that some kids don't have to do anything or earn anything themselves; they have it given or passed down to them? Think about how often that is witnessed all around us: kids being brought up in Fortune 500 companies or celebrities that become famous because of their parents and don't have any talent themselves. How utterly annoying it can be and it can make others feel as though they have been slighted, cheated, or dealt the worst hand ever.

That mindset, however, can and will keep you stuck if you don't find ways to stop pointing the finger at everyone else. Own where you are and start learning what they did to get there. Millions of millionaires and billionaires are constantly doing interviews, seminars, and classes, teaching others how to do precisely what they are doing.

Stop complaining about the wealthy or those that have more or have been given everything, and start learning to become one of them.

You can earn and create the money yourself. Learn to invest it and put it to work for you, not against you. Millions of individuals have learned the five areas within this section and were willing to take the time to teach themselves. Learning for yourself is the most crucial part of anything. This means that it will take your time. You will need to be patient and learn everything you can about investing and passive income. That is what will make you become the expert in what you are doing, and when you become a master or expert, you truly are valuable.

Leveraging your money means learning and finding areas and opportunities to buy into and start owning and developing things like products, services, or ideas. Think of it this way: what if you owned the company that sold the product or invested in those that are creating it instead of owning the product itself? Investing money into the product, service, or idea allows you to have ownership and with ownership comes passive income. Passive income is when whatever you are invested in starts generating and creating money on its own. One quick example is if you buy a stock or share of a company, you essentially own a part of it, and every time they make money, you make money.

The next section will show you five areas to consider learning about to help you leverage your money.

# MAKING YOUR MONEY WORK FOR YOU

## 1. STOCKS:

- a. Understanding stocks and the market allows you to begin to understand different areas of what is happening within the world
- b. Do the research yourself
  - » Don't let anyone tell you where to put your money, as it is your money
  - » You can take advice and hear others out and learn from them, but until you know precisely what it is that you are investing in, don't do it
- c. When you buy a share of a company, you now own a part of that company

## 2. PROPERTY:

- a. Buying a house allows you to build equity
- b. Land is one of the many things we can't make more of, so owning property is huge
- c. Allows you the opportunity to rent online (such as AirBnB or VRBO) for an extra source of income

## 3. SKILLS / EXPERIENCES:

- a. Invest in certifications and skill sets that can make you extra money
- b. Knowledge and skillsets are areas that nobody can take from you and set you apart from others
- c. The more you experience, the more you learn and grow, and that is what life is all about

## 4. BANKING:

- a. CDs, savings accounts, and checking accounts are some ways to keep your money safe and growing, with interest from the bank.
- b. This is one of the safest and yet slowest ways to grow your money
- c. It would be best to build up credit and develop a good credit score. To do this, you will need to open lines of credit, pay on time, and demonstrate financial responsibility, so that the banks will be willing to loan you money

## 5. YOURSELF:

- a. Investing in yourself is the most significant investment you can make
- b. Invest in your ideas and believe in yourself
- c. School, trades, travel, explore the world and other cultures and become more cultured, knowledgeable, and well-versed in life

# 5 WAYS TO LEVERAGE YOUR MONEY

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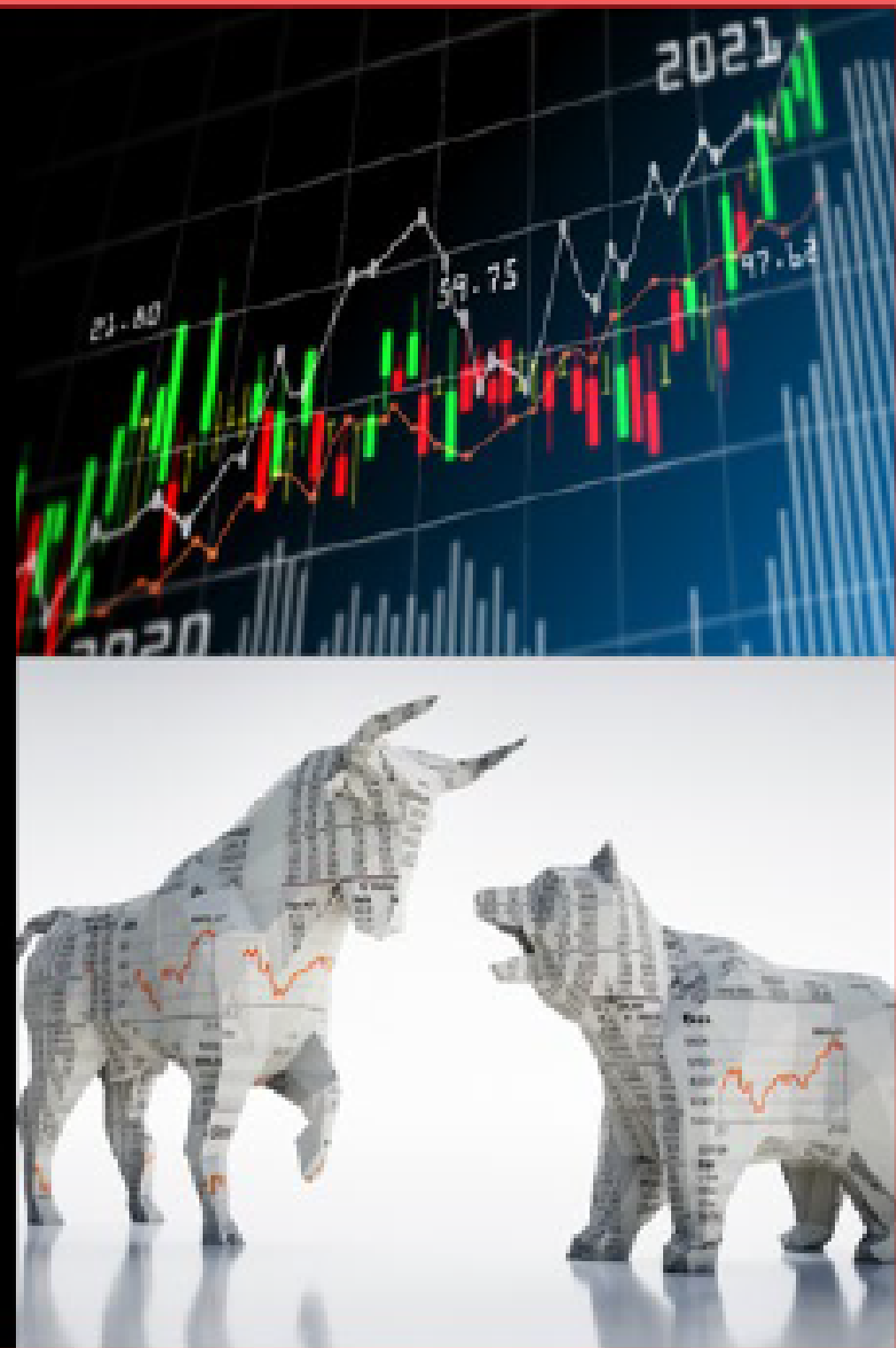
# BECOMING A HOMEOWNER THINGS TO KNOW

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# BECOMING AN INVESTOR THINGS TO KNOW

© Dynamic Family Solutions



## YOUR TIME TO GET IN THE GAME

### Do Your Homework / Research

If you could own any company you wanted to what would it be?

If you had the opportunity to invest in not just one company but five different companies what would they be?

- 1.
- 2.
- 3.
- 4.
- 5.

What are your top five reasons for why you chose these companies?

- 1.
- 2.
- 3.
- 4.
- 5.

08

GET IN THE GAME

# YOUR TIME TO GET IN THE GAME

## Do Your Homework / Research

For the next week read as much as you can and learn about each of the companies you chose and write down three facts about each company

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Track the progress of each company you are watching and write down the highs and lows for the week

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

09

GET IN THE GAME

# YOUR TIME TO GET IN THE GAME

## Do Your Homework / Research

How much is one share of the company worth and how long would it take for you to save up to own a share

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Are there other companies doing the same thing and how are they doing things different. Are they more innovative or stream lined?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

10

GET IN THE GAME

## DISCUSSION QUESTIONS

- 1 Are there ways that you have leveraged your money to work for you?
- 2 Have you ever looked into investing in the stock market?
- 3 Have you ever considered owning a house?
- 4 What are some areas that you see yourself investing in now?
- 5 Are there any trades, skills, or schools you want to learn or get into?
- 6 Is there any place, area, or field of interest you have felt passionate about or drawn more towards, that you could or would want to invest in?
- 7 Are there any companies or areas you are already learning about or getting into?
- 8 How often do you see yourself investing in yourself and where you want to be?
- 9 Do you see a future where you can be financially free and stable without debt?
- 10 Do you see yourself creating enough passive income that you will be able to pass it down to future generations?

Date:

## MY NOTES

[illegible]

**“The more your money works for you, the less you have to work for money.” – Idowu Koyenikan**



SESSION TWO

# YOUR BODY/YOUR TEMPLE

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## SESSION TWO: YOUR BODY/YOUR TEMPLE



### ACTIVITY #1 (30 minutes)

#### BASIC NUTRITION

Purpose: Learn the basics of good nutrition, know what nutrients your body requires, and how to develop good habits to maintain health throughout your lifetime.



### ACTIVITY #2 (30 minutes)

#### IMPORTANT HEALTH ISSUES AND COMMON DISEASES

Purpose: Learn to better understand common diseases related to lifestyle choices and nutrition. What you choose to put into your body and how you choose to live has drastic effects and are correlated to many medical issues, and these choices are up to you.



### ACTIVITY #3 (30 minutes)

#### NERVOUS SYSTEM AND STRESS

Purpose: Understand how your stomach, brain, and heart work together and are the three most essential areas to take care of within your life to build and sustain an overall healthy lifestyle.

# DEFINITIONS WORKSHEET

Please define each of these words or phrases:

- 1 Nutrition -
- 2 Dopamine, Oxytocin, Serotonin -
- 3 Chronic Stress -
- 4 Self-Care -

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.

Nutrition \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Dopamine, Oxytocin, Serotonin \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Chronic Stress \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Self-Care \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# BASIC NUTRITION

## OBJECTIVE

Learn the basics of good nutrition, know what nutrients your body requires, and how to develop good habits to maintain health throughout your lifetime.

## TALKING POINTS

Today, in a world full of marketing ploys selling unhealthy, super-sized food, conflicting information on nutrition, numerous fad diets, fitness devices, and diet supplements, it's vital to know what is going into your body. It's your health, and a better understanding of how foods and nutrition play one of the most critical roles in your overall health and well-being is beyond crucial.

This is why the first area of the body that needs to be explored is your stomach. Your stomach is home to about 100 trillion bacteria that produce serotonin, norepinephrine, and dopamine. These bacteria are also responsible for influencing human physiology, metabolism, and immune functioning.

**"GUT MICROBIOME CAN INFLUENCE NEURAL DEVELOPMENT, BRAIN CHEMISTRY AND A WIDE RANGE OF BEHAVIORAL PHENOMENA, INCLUDING EMOTIONAL BEHAVIOR, PAIN PERCEPTION AND HOW THE STRESS SYSTEM RESPONDS."**

**— JOHN BIENENSTOCK**  
( MD, of McMaster University  
in Hamilton, Ontario )

Your stomach and its microorganisms play a crucial role in the chemicals being created, distributed throughout your body, and sent to your brain. This is why nutritional awareness, what is in the food, and everything else you put into your body is necessary. If the food you eat is loaded with added sugars and manufactured chemicals, how healthy or strong will the chemicals being created and sent to your brain be? Healthy eating creates healthy microbes within the stomach, and healthy microbes produce healthy chemicals that go directly to the brain and the rest of the body.

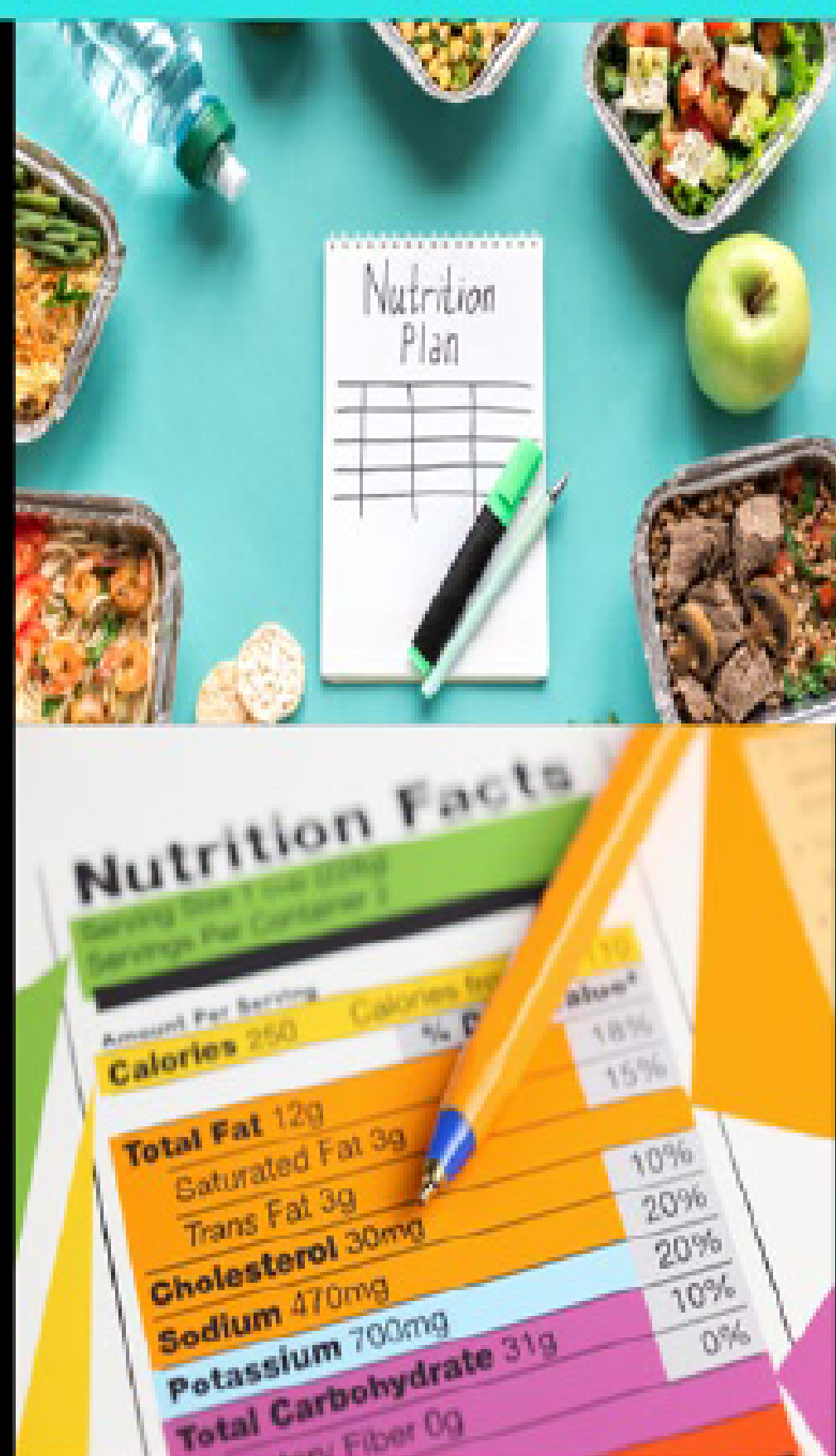
**"THE FOOD YOU EAT CAN EITHER BE THE SAFEST AND MOST POWERFUL FORM OF MEDICINE, OR THE SLOWEST FORM OF POISON"**

**— ANN WIGMORE**

Reviewing the nutritional guide provided, going through the terms, and learning more about Body Mass Index (BMI), My Food Plate recommendations, and other factors will help with the remainder of the discussions.

# NUTRITION AND WELL BEING THINGS TO KNOW

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## DISCUSSION QUESTIONS

- 1 Now that you know what you are eating and putting into your body produces major chemicals, do you want to become more aware of what is in your food?
- 2 Will you begin to track labels and nutritional factors more?
- 3 Have you ever noticed or looked at how much additional sugar is added to food, drinks, and just about everything you consume?
- 4 Were you aware of all the nutritional factors that play into your well-being?
- 5 How do you see that impacting your heart if you are drinking a ton of sugary and caffeinated drinks?
- 6 If your heart is being taught to pump faster than it should or needs to, what happens to the muscle tissue around your heart if it pumps too fast, too often? Your muscles around the heart will begin to tear, causing your heart not to be fully supported as it should be and become weaker over time.
- 7 Have you ever created a nutritional plan or researched how to create a healthy nutritional guide for yourself?
- 8 If fatty foods are a primary cause of clogged arteries, what are the fattiest foods you see yourself eating the most? How frequently are you eating these foods?
- 9 Knowing what you know now and how genuinely intricate and connected everything is within what you eat and how you feel, do you see yourself looking closely at what you are eating?
- 10 Knowing that nutrition plays a huge role in chronic diseases and ailments, do you see yourself adjusting your food portions or what foods you consume?



Date:

## MY NOTES

[illegible]

**"To eat is a necessity, but to eat intelligently is an art."**

~ Francois de La Rochefoucauld

# IMPORTANT HEALTH ISSUES AND COMMON DISEASES

## OBJECTIVE

Learn to better understand common diseases related to lifestyle choices and nutrition. What you choose to put into your body and how you choose to live has drastic effects and are correlated to many medical issues, and these choices are up to you.

## TALKING POINTS

The most important aspect of our lives is our health, yet so little is understood by today's youth regarding how to maintain and avoid disease effectively. A basic understanding of how our bodies work, the importance and facts related to nutrition, and common diseases that can be avoided by developing good habits, are critical to living our best lives.

Heart disease is the number one health problem in the U.S. and the world, according to the World Health Organization (WHO). Heart disease and stroke are the leading cause of death for both men and women in the U.S. (National Institute of Health). This fact alone should indicate and solidify why it is so important that you know what you are doing to your heart. The two leading causes of heart issues are unhealthy eating and stress.

The most common type of heart disease is coronary artery disease (CAD). CAD effects the blood flow to the heart and brain. When the blood flow is blocked, it can cause a heart attack or stroke. The leading causes linked to this disease are cigarette smoking, diabetes, heavy alcohol consumption, lack of exercise, and obesity.

**"THE U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) ESTIMATES THAT ELIMINATING THREE RISK FACTORS – POOR DIET, INACTIVITY, AND SMOKING – WOULD PREVENT: 80% OF HEART DISEASE AND STROKE; 80% OF TYPE 2 DIABETES; AND 40% OF CANCER."**

Three things can change your life and the probability of you having heart disease or a slew of other ailments. These three things, coupled with learning healthier ways to manage and deal with stress, can forever change your life and well-being. It is up to you.

## JOURNALISTIC OBJECTIVITY ACTIVITY

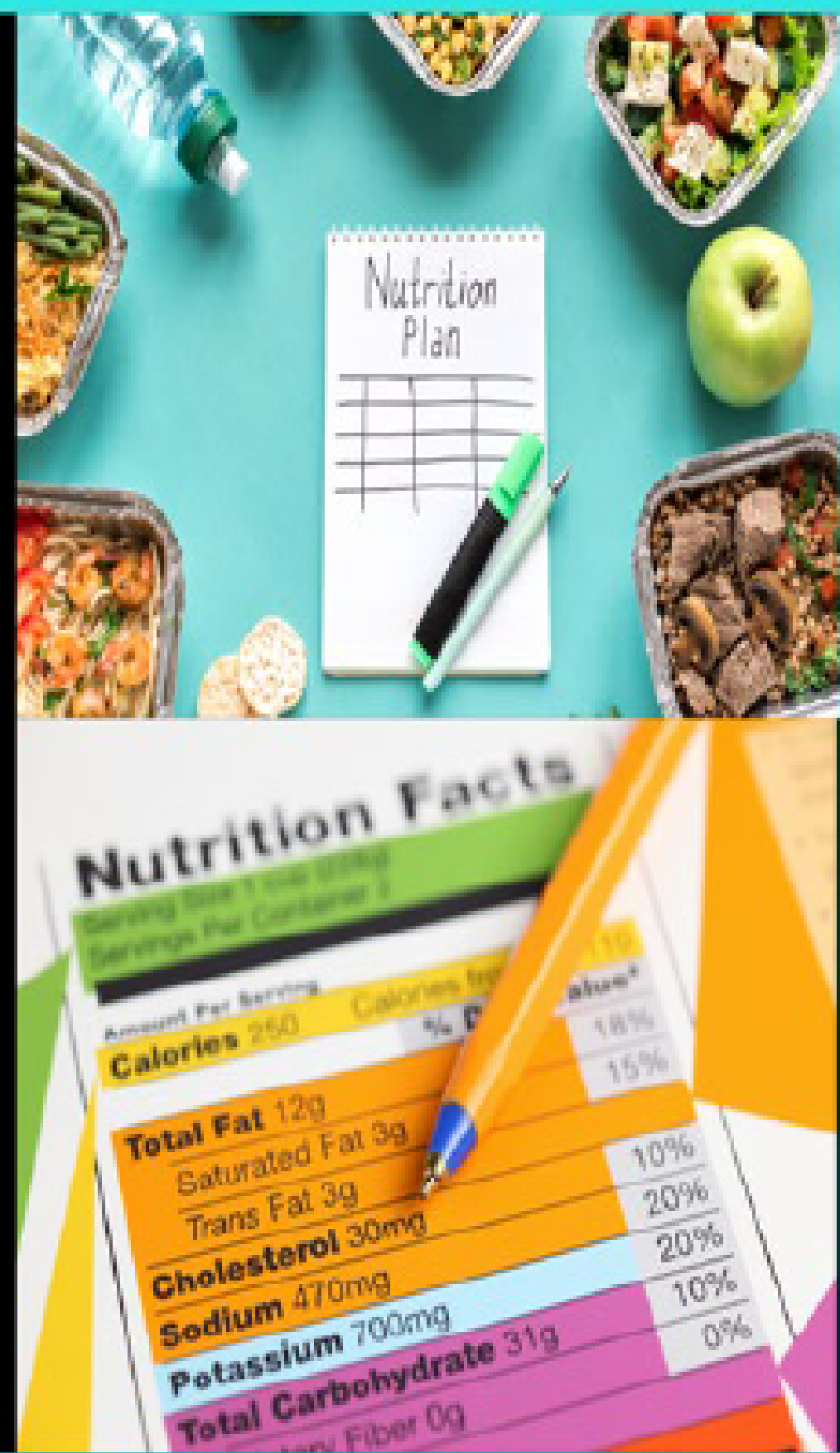
During this section, the facilitator can have everyone work as a team, split them into individual groups, or they can work on doing the reviews on their own. Each of the resource packets should be printed off for the students to review.

There should be the Nutrition and Wellbeing Things to Know, Disease Related to Health Choices, the Unlimited Powers of the Brain.

With these packets, the students will review the information and work on filling out and completing the worksheet on Journalistic Objectivity provided later in this section. The participants will have to research and validate the facts they are reading to ensure all packets are as factual and reliable as possible. Once the worksheets are completed, they can discuss their findings and if they approve the packets to be published.

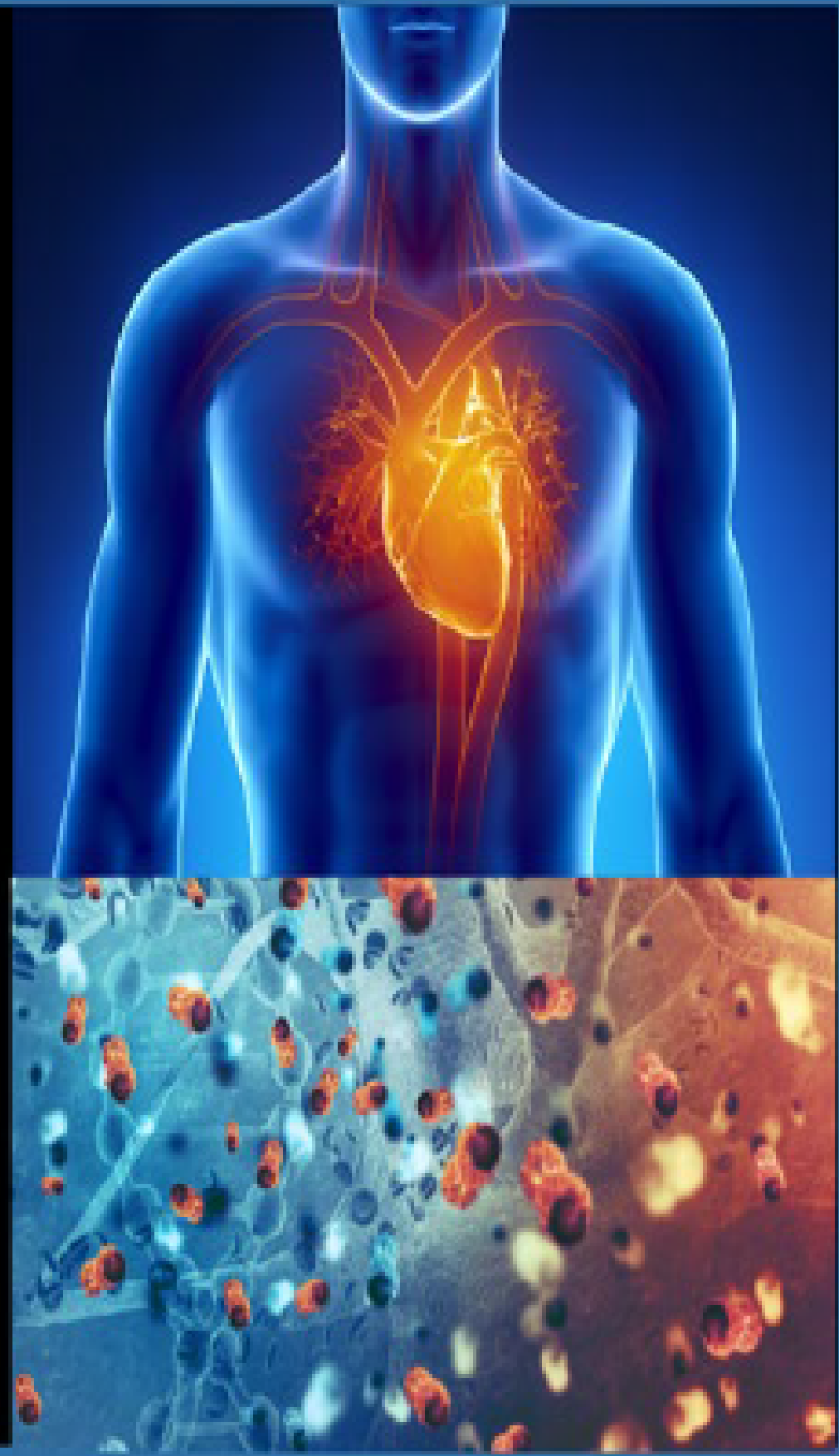
# NUTRITION AND WELL BEING THINGS TO KNOW

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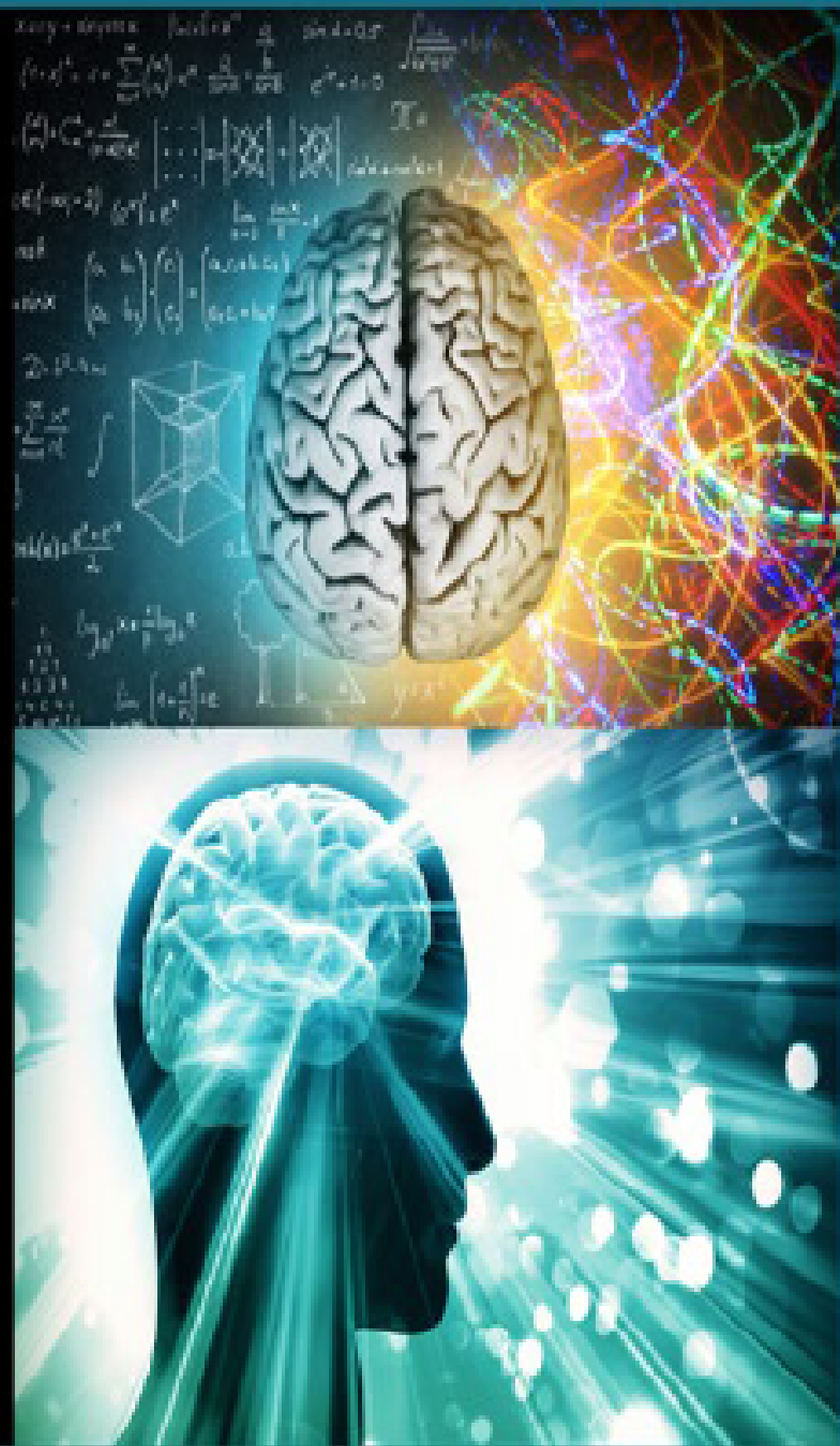
# DISEASE RELATED TO HEALTH CHOICES

© Dynamic Family Solutions



# THE UNLIMITED POWERS OF THE BRAIN

© Dynamic Family Solutions



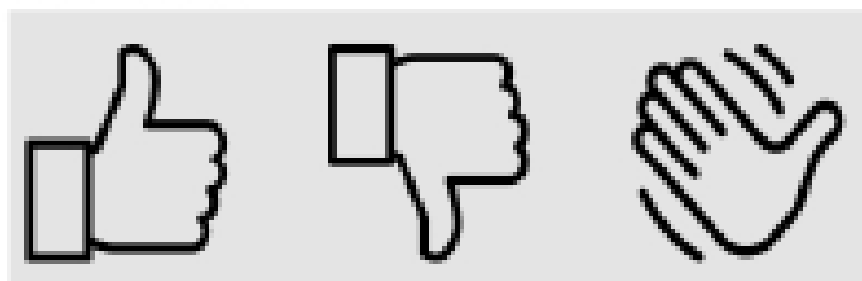
# Journalistic Objectivity

YOU WILL REVIEW AND OBJECTIVELY ANALYZE THE PACKETS PROVIDED TO YOU. YOU WILL BE HELPING TO VALIDATE AND APPROVE THEM TO BE SUBMITTED FOR PUBLICATION.

**3 FACTS THAT YOU FOUND TO BE THE MOST INTERESTING**

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

**HOW CREDIBLE ARE THE FACTS YOU FOUND**



**USE YOUR FACTS AND THE SOURCES YOU FOUND TO WRITE A COMPELLING ARTICLE ON WHAT YOU'VE FOUND**

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**WHY SHOULD PEOPLE TAKE YOUR FINDINGS SERIES**

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

**WHAT ABOUT THESE 3 FACTS STOOD OUT THE MOST**

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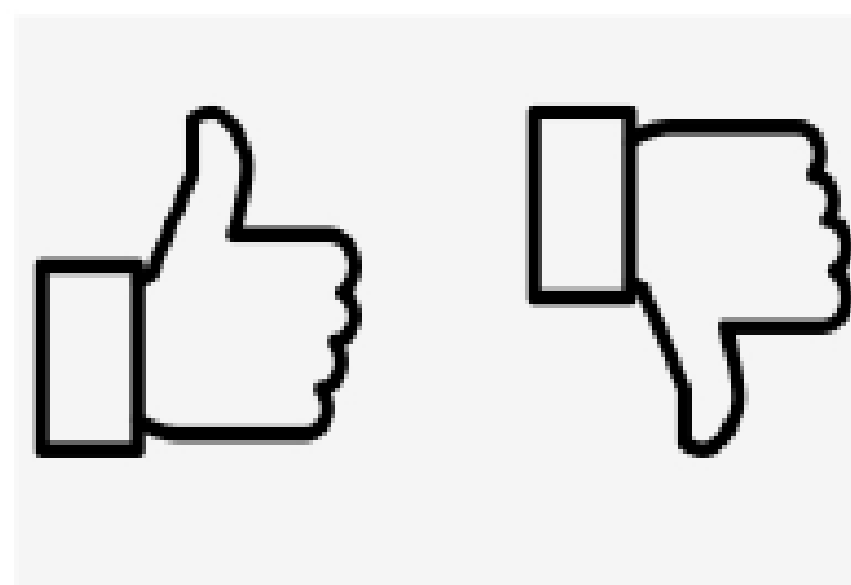
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**TOP 3 SOURCES YOU USED TO CHECK YOUR FACTS**

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

**DO YOU GIVE THESE PACKETS APPROVAL TO BE PUBLISHED**





## DISCUSSION QUESTIONS

- 1 If your heart is considered the body's generator or power source, how do you see yourself treating or caring for your heart?
- 2 How well do you see yourself dealing and coping with your emotions?
- 3 Do you see yourself in control of your emotions, or are your emotions in control of you?
- 4 Do you exercise, or see yourself doing any physical activity to get your heart rate up, at least 30-60 minutes daily?
- 5 Knowing that a lack of nutrition and exercise causes many diseases and ailments, do you notice yourself being more willing to change certain areas within your life?
- 6 Were you surprised by the top three factors that cause heart disease: smoking, diabetes, and heavy alcohol consumption?
- 7 How many risk factors do you have or did you notice within your life?
- 8 How many are preventable or could be severely mitigated or reduced by changing certain things in your life?
- 9 Are there any areas you have noticed yourself wanting to change but are struggling with?
- 10 What is one thing you are willing to change after doing this activity?

Date:

## MY NOTES

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**“The human body heals itself and nutrition provides the resources to accomplish the task.” ~ Roger Williams**

# NERVOUS SYSTEM AND STRESS

## OBJECTIVE

Understand how your stomach, brain, and heart work together and are the three most essential areas to take care of within your life to build and sustain an overall healthy lifestyle.

## TALKING POINTS

The brain and the central nervous system are responsible for everything you do. They send signals throughout your body to allow you to function. When you can understand the complexities of your brain, you can truly tap into your full potential.

Stress is one of the biggest issues that can wreak havoc on the brain and nervous system. Most people experience stress and anxiety at some point in their lives. Depending on the severity level, this can detrimentally impact one's quality of life. Although stress and anxiety share many of the same emotional and physical symptoms - uneasiness, tension headaches, high blood pressure, and loss of sleep - they have very different origins. Determining which one you're experiencing is critical to finding an effective treatment plan and feeling better.

Generally, stress is a response to an *external* cause, such as a tight work deadline or an argument with a friend, and subsides once the situation has been resolved. Because external factors cause stress, tackling these head-on can help. If you're experiencing prolonged, chronic stress, there are many ways to manage and reduce your symptoms, including physical activity, breathing exercises, adequate sleep, and connecting with others.

Anxiety is a person's specific reaction to stress; its origin is *internal*. Anxiety is typically characterized by a "persistent feeling of apprehension or dread" in situations that are not threatening. Unlike stress, anxiety persists even after a concern has passed.

In more severe cases, anxiety can escalate into an anxiety disorder, the most common mental health issue in the U.S. Anxiety disorders are classified in various ways: generalized anxiety, panic disorder, phobias, social anxiety, obsessive-compulsive disorder, and post-traumatic stress disorder (PTSD).

Medical research also estimates as much as 90% percent of illness and disease is stress-related as it can interfere with your physical functioning and bodily processes. High blood pressure, cardiovascular disease, and heart disease are strongly connected to chronic stress. Our bodies are well equipped to handle stress in small doses, but when that stress becomes long-term or chronic, it can seriously affect your body.

**"STRESS AFFECTS ALL BODY SYSTEMS INCLUDING THE MUSCULOSKELETAL, RESPIRATORY, CARDIOVASCULAR, ENDOCRINE, GASTROINTESTINAL, NERVOUS, AND REPRODUCTIVE SYSTEMS."**

**- AMERICAN PSYCHOLOGICAL ASSOCIATION**

<https://www.apa.org/topics/stress/body>

Stress can wreak havoc on a person's body, particularly their heart, and knowing healthier ways to manage and reduce stress is essential to creating a healthy lifestyle. Exercise is one of the most effective ways to deal with and handle stress and anxiety. Exercise helps your brain release endorphins, which can help improve your mood.

# CHRONIC STRESS

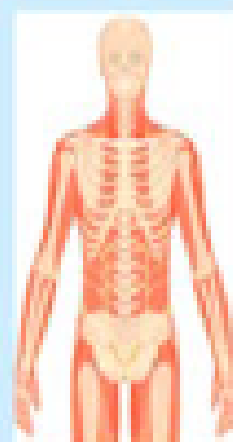
## SIDE EFFECTS

# WAYS TO MANAGE

## YOUR STRESS

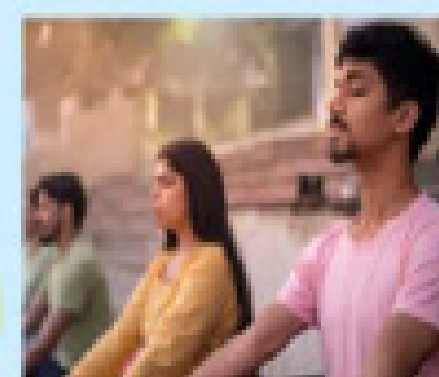
### MUSCULOSKELETAL SYSTEM

Prolonged muscle tension can cause headaches, migraines headaches also pain in the lower back and upper extremities



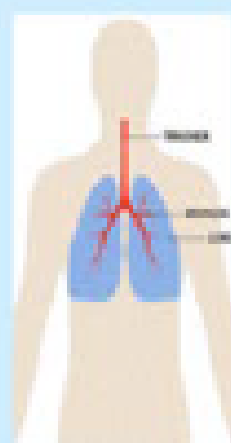
### BREATHING TECHNIQUES

Relaxation, breathing, and other cognitive behavioral strategies can help



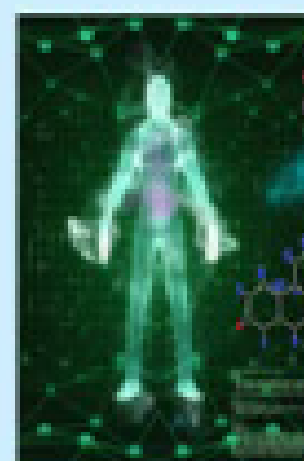
### RESPIRATORY SYSTEM

Rapid breathing—or hyperventilation—caused by stress can bring on a panic attack and can actually trigger asthma attacks



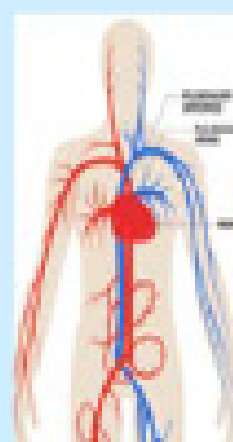
### BODY SCAN

While Deep Breathing Focus on one part of the body or group of muscles at a time and mentally releasing any physical tension you feel there



### CARDIOVASCULAR SYSTEM

Long-term problems for heart and blood vessels. Increased risk for hypertension, heart attack, or stroke



### SELF VISUALIZATIONS AND AFFIRMATIONS

Positive Self Talk and Positive Affirmations along with visualizing yourself overcoming any given situation before you do it



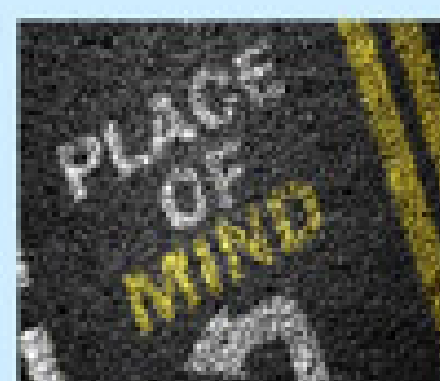
### ENDOCRINE SYSTEM

physical and mental health conditions, including chronic fatigue, metabolic disorders (e.g., diabetes, obesity), depression, and immune disorders



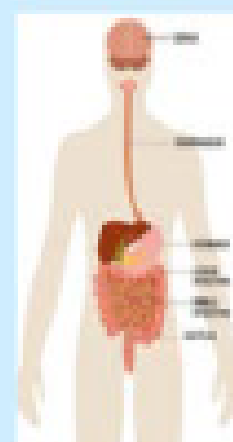
### GUIDED IMAGERY

Imagining soothing scenes, places, or experiences in your mind. Creating your own Go to Place in your Mind



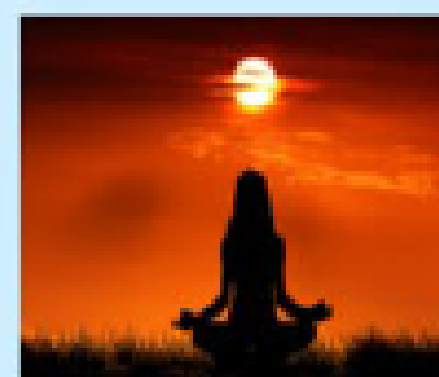
### GASTROINTESTINAL SYSTEM

Changes in gut bacteria which in turn can influence mood. These changes can increase the risk for later gut diseases or dysfunctioning



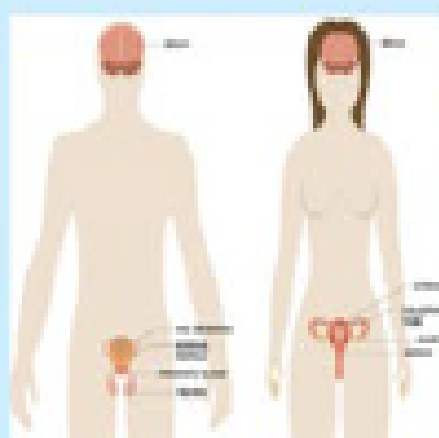
### MINDFULNESS MEDITATION

Focusing on your breathing, and bringing your mind's attention to the present moment without drifting into concerns about the past or the future



### MALE/FEMALE REPRODUCTIVE EFFECTS

Decline in sex drive or libido, and can even cause erectile dysfunction or impotence. Depression is the leading complication of pregnancy and postpartum adjustment



### STRETCHING

Forms of Yoga and other daily stretches can help to elevate and reduce stress



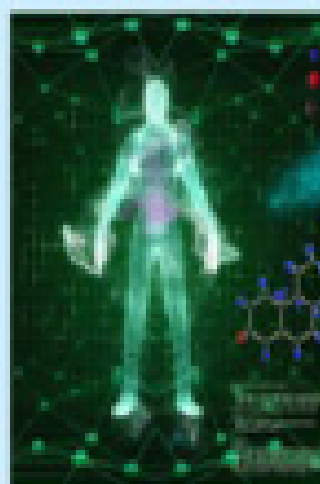
AMERICAN PSYCHOLOGICAL ASSOCIATION  
[HTTPS://WWW.APA.ORG/TOPICS/STRESS/BODY](https://www.apa.org/topics/stress/body)

HARVARD COLLEGE HEALTH PUBLISHING  
[HTTPS://WWW.HEALTH.HARVARD.EDU/MIND-AND-MOOD/SIX-RELAXATION-](https://www.health.harvard.edu/mind-and-mood/six-relaxation-)

# WHAT ARE YOU DOING?

### 5 STESSORS

- 1.
- 2.
- 3.
- 4.
- 5.

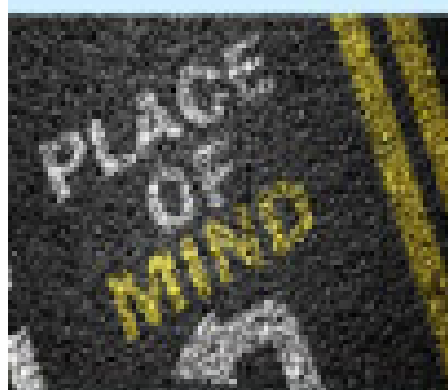


### 5 WAYS TO MANAGE YOUR STRESS

- 1.
- 2.
- 3.
- 4.
- 5.

### TOP 5 FEELINGS AND EMOTIONS

- 1.
- 2.
- 3.
- 4.
- 5.

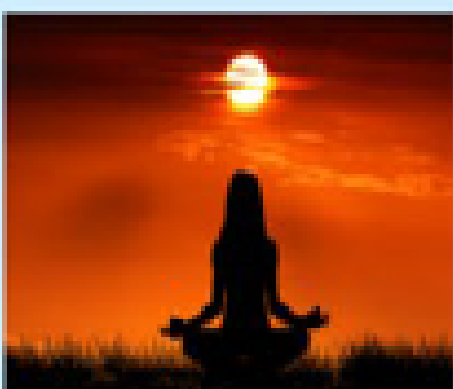


### 5 WAYS TO MANAGE YOUR EMOTIONS

- 1.
- 2.
- 3.
- 4.
- 5.

### CONFLICTS IN LIFE

- 1.
- 2.
- 3.
- 4.
- 5.



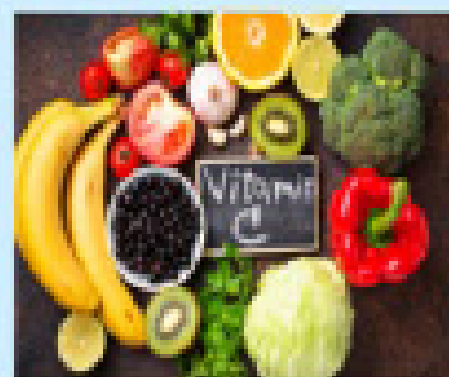
### HOW DO YOU MANAGE CONFLICT

- 1.
- 2.
- 3.
- 4.
- 5.

# FOODS THAT HELP WITH STRESS

### COMPLEX CARBS

1. Whole-grain breads
2. Pastas
3. Breakfast Cereals
4. Including old-fashioned oatmeal



### VITAMIN C

1. Oranges have a lot of vitamin C.
2. Studies suggest this vitamin can curb levels of stress hormones while strengthening the immune system.

### MAGNESIUM SOURCES

1. Cooked Soybeans
2. Fillet of Salmon
3. One Cup of Spinach

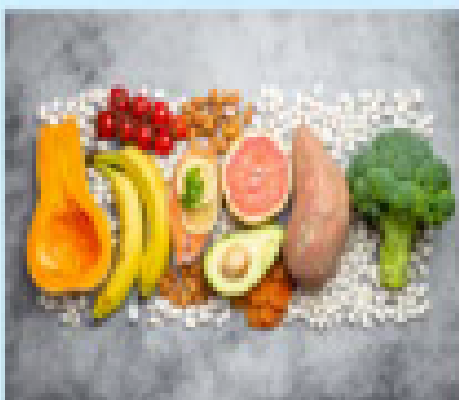


### OMEGA-3 FATTY ACIDS

1. Naturally Fatty Fish
2. Salmon and Tuna
3. May help protect against heart disease, depression, and premenstrual syndrome (PMS)

### HEALTHY FATS, VITAMIN E PLUSE B

1. Nuts and Seeds
2. Pistachios, Walnuts, or
3. Almonds are chock-full of Vitamin E and B



### POTASSIUM

1. One of the best ways to reduce high blood pressure is get enough potassium
2. half an avocado has more potassium than a medium-sized banana

# NERVOUS SYSTEM RESPONSES TO STRESS

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## MATCHING CHALLENGE ACTIVITY

Draw a line from each word to the picture you feel as though it matches with

# BRAIN MATCHING CHALLENGE

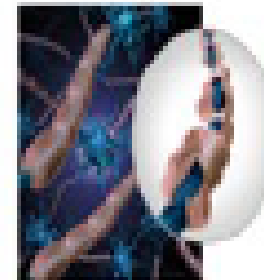
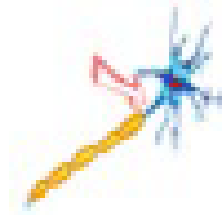
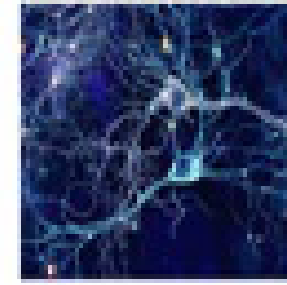
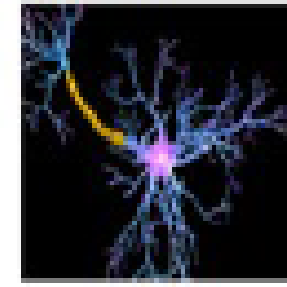
NEURONS

AXONS

DENDRITES

Myelin Sheath

SYNAPSE



11

FUN FACTS



Match each description with each part of the nerve cell and see how many you can get right

# BRAIN MATCHING CHALLENGE

## NEURONS

- 1.
- 2.
- 3.

## AXONS

- 1.
- 2.
- 3.

## DENDRITES

- 1.
- 2.
- 3.

## MYELIN SHEATH

- 1.
- 2.
- 3.

## SYNAPSE

- 1.
- 2.
- 3.

1. Fatty Sleeves of Tissue that act as insulation
2. Receptors that receive all of the signals being sent
3. 110 Billion of these will be created before you are 5 years old
4. A single neuron may contain thousands of these
5. Bring electrical signals to the cell body
6. Responsible for sending signals to your body and telling it what to do
7. Similar to a Mini-Computer
8. Helps to send signals over long distances
9. This is the space between the Dendrites and the Axons
10. Long Tail that comes off the Neuron
11. All of the signals / electrical charges get passed through these
12. Several times thinner than a human hair
13. Look like tree branches that stem from each Neuron
14. Protects the Axons and allow messages to be transmitted smoothly
15. Electrical Charges go across this space

12

FUN FACTS

# BRAIN MATCHING ANSWERS

## BRAIN 101

Intelligence lies in how your brain works

### NEURONS

1. 110 Billion of these will be created before you are 5 years old
2. Responsible for sending signals to your body and telling it what to do
3. Similar to a Mini-Computer

### AXONS

1. Long Tail that comes off the Neuron
2. All of the signals / electrical charges get passed through these
3. Several times thinner than a human hair

### DENDRITES

1. Look like tree branches that stem from each Neuron
2. Receptors that receive all of the signals being sent
3. Bring electrical signals to the cell body

### MYELIN SHEATH

1. Fatty Sleeves of Tissue that act as insulation
2. Protects the Axons and allow messages to be transmitted smoothly
3. Helps to send signals over long distances

### SYNAPSE

1. This is the space between the Dendrites and the Axons
2. Electrical Charges go across this space
3. A single neuron may contain thousands of these

13

FUN FACTS

## DISCUSSION QUESTIONS

- 1 If stress is also the primary cause of heart disease, what do you see yourself doing to reduce or alleviate stress?
- 2 What five things would immediately reduce stress within your life?
- 3 How many of these changes are within your control, or could you think of creative ways to change or alter the stressors in your life?
- 4 Did you know that food played an intricate role in your emotional well-being?
- 5 Were you aware of how many things your brain was capable of?
- 6 How well do you feel you can manage your thoughts and feelings?
- 7 How well do you see yourself managing stress in your life?
- 8 Do you feel as though you are in control or have the ability to control the stress within your life?
- 9 Is there anyone that you feel you can trust or talk to about the stressors in your life?
- 10 What things or facts did you think were the most interesting after going through the resource packets?

Date:

## MY NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

The mind has a powerful way of attracting things that are in harmony with it, good and bad." "Reality is a projection of your thoughts or the things you habitually think about."

## Idowu Koyenikan

SESSION THREE

# HOW DO YOU MARKET YOURSELF

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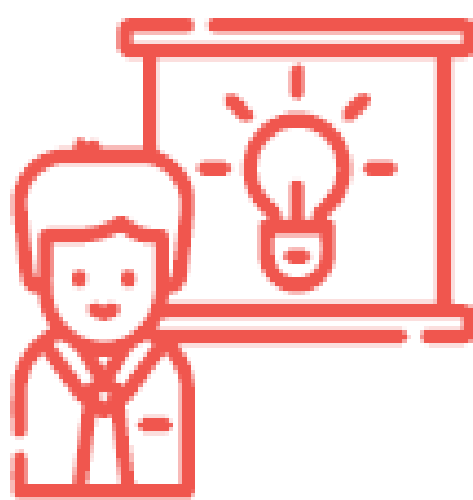
## SESSION THREE: **HOW DO YOU MARKET YOURSELF**



### ACTIVITY #1 (30 minutes)

#### **VISION / MISSION / WHY**

Purpose: Learn to create a vision and mission for the future you desire to see for yourself and "WHY" it is that you genuinely believe you are headed in the right direction with your vision.



### ACTIVITY #2 (30 minutes)

#### **30-SECOND ELEVATOR PITCH**

Purpose: Learn to pitch/describe in detail your vision and mission statement to others in 30 seconds or less.



### ACTIVITY #3 (30 minutes)

#### **RESUMES / COVER LETTERS**

Purpose: Learn what it takes to create an incredible resume and cover letter for any job.

# DEFINITIONS WORKSHEET

Please define each of these words or phrases:

1 Vision and Mission Statement -

2 Elevator Pitch -

3 Resume -

4 Cover Letter -

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.

Vision and Mission Statement \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Elevator Pitch \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Resume \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Cover Letter \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# VISION / MISSION / WHY

## OBJECTIVE

Learn to create a vision and mission for the future you desire to see for yourself and "WHY" it is that you genuinely believe you are headed in the right direction with your vision.

## TALKING POINTS

What are the three things every company is built upon and has in common with one another? Pick any two companies, and they are guaranteed to have these three things in common. Every company starts by creating (1) a vision statement, (2) a Mission statement, and (3) the values that support the vision and mission statement. These two statements and the values built into them are literally what all companies are based on and built upon. Without them, a company will most likely fail. Think about that concept. These three areas are what multimillion / billion dollar companies are built upon and are the foundational building blocks for everything they do. If you tell me you want to be a million / billionaire, I guess you better have a crystal clear vision and mission statement with rock-solid values to build upon.

A vision statement is a crystal-clear idea and understanding of where you want to be and what you want to create for yourself. This seems enormous and should be, as it is your life, and you deserve to make something enormous out of it. However, the problem is how easily a person's vision can become tainted and distorted with the belief that they are not good enough, smart enough, or worthy of manifesting such a vision.

If you don't believe you can do something enormous and create the life you want for yourself, then your values come into play. With every vision comes the foundational bedrock of values that your vision needs to be built upon.

**"YOUR PERSONAL CORE VALUES DEFINE WHO YOU ARE."**

— TONY HSIEN

When you have a clear vision and values to support your vision, you need to develop a mission statement. A mission statement is a declarative action plan of what you are going to do, and the steps you see yourself taking to bring your vision to life. A mission statement is a path you choose to set out upon, which may not even appear to be a path at the beginning.

When you become the first to create a path that no one else has been down, your vision and values will be tested, questioned, and put to the test every step of the way. The more your vision and values are tested, the stronger your conviction should become. The more you travel down the path, the wider it will get, and eventually, those around you will see it and want to follow you and help you continue to create a more sustainable path.

**"DISSATISFACTION AND DISCOURAGEMENT ARE NOT CAUSED BY THE ABSENCE OF THINGS BUT THE ABSENCE OF VISION."**

— KAMATZI AKA LYTRIKAL



## QUOTES FOR VISION

"IF YOU LIMIT YOUR CHOICES ONLY TO WHAT SEEMS POSSIBLE OR REASONABLE, YOU DISCONNECT YOURSELF FROM WHAT YOU TRULY WANT, AND ALL THAT IS LEFT IS A COMPROMISE."

— ROBERT FRITZ

"THE VERY ESSENCE OF LEADERSHIP IS [THAT] YOU HAVE A VISION. IT'S GOT TO BE A VISION YOU ARTICULATE CLEARLY AND FORCEFULLY ON EVERY OCCASION. YOU CAN'T BLOW AN UNCERTAIN TRUMPET."

— THEODORE HESBURGH

"THE COMPANIES THAT SURVIVE LONGEST ARE THE ONE'S THAT WORK OUT WHAT THEY UNIQUELY CAN GIVE TO THE WORLD—NOT JUST GROWTH OR MONEY BUT THEIR EXCELLENCE, THEIR RESPECT FOR OTHERS, OR THEIR ABILITY TO MAKE PEOPLE HAPPY. SOME CALL THOSE THINGS A SOUL."

— CHARLES HANDY

"A LEADER HAS THE VISION AND CONVICTION THAT A DREAM CAN BE ACHIEVED. HE INSPIRES THE POWER AND ENERGY TO GET IT DONE."

— RALPH LAURE

"VISION IS THE ART OF SEEING THE INVISIBLE."

— JONATHAN SWIFT

## QUOTES FOR VALUES

"A HIGHLY DEVELOPED VALUES SYSTEM IS LIKE A COMPASS. IT SERVES AS A GUIDE TO POINT YOU IN THE RIGHT DIRECTION WHEN YOU ARE LOST."

— IDOWU KOHENIKAN

"VALUES ARE LIKE FINGERPRINTS. NOBODIES ARE THE SAME BUT YOU LEAVE THEM ALL OVER EVERYTHING YOU DO."

— ELVIS PRESLEY

"ONE IS OFTEN SO BUSY DOING LIFE THAT IT IS EASY TO AVOID EVALUATING WHETHER YOU ARE PUTTING YOUR ENERGY IN THE DIRECTION YOU VALUE MOST."

— DEBORAH DAY

"OUR VALUES DETERMINE THE MORAL OUTPUTS OF OUR LIVES. THESE MORAL OUTPUTS BECOME UNIQUE TO US, AND WE CALL THE COMBINATION, 'CHARACTER.'"

— DELE OLA

STRIVE NOT TO BE A SUCCESS, BUT RATHER TO BE OF VALUE." — ALBERT EINSTEIN

## QUOTES FOR MISSION

"EVERY PERSON ABOVE THE ORDINARY HAS A CERTAIN MISSION THAT THEY ARE CALLED TO FULFILL."

— JOHANN WOLFGANG VON GOETHE  
(1749 - 1832), German Author

"BITTER EXPERIENCE HAS TAUGHT US HOW FUNDAMENTAL OUR VALUES ARE AND HOW GREAT THE MISSION THEY REPRESENT."

— JAN PETER BALKENENDE  
(1956 - ), Dutch Politician

"KNOWING OUR PERSONAL MISSION FURTHER ENHANCES THE FLOW OF MYSTERIOUS COINCIDENCES AS WE ARE GUIDED TOWARD OUR DESTINIES."

— JAMES REDFIELD  
(1950 - ), American Author

"EVERYONE HAS HIS OWN SPECIFIC VOCATION OR MISSION IN LIFE; EVERYONE MUST CARRY OUT A CONCRETE ASSIGNMENT THAT DEMANDS FULFILLMENT. THEREIN HE CANNOT BE REPLACED, NOR CAN HIS LIFE BE REPEATED, THUS, EVERYONE'S TASK IS UNIQUE AS HIS SPECIFIC OPPORTUNITY TO IMPLEMENT IT."

— VIKTOR E. FRANKL  
(1905 - 1997)

"THE DIFFERENCE BETWEEN GOALS AND MISSION IS REFLECTED IN THE DIFFERENCE BETWEEN I WANT TO GET MARRIED, AND I WANT TO HAVE A SUCCESSFUL MARRIAGE."

— AUTHOR UNKNOWN

# Create Your Own Life Plan

YOUR VISION



YOUR MISSION



YOUR WHY



 [dynamicfamilyolutions.net](https://dynamicfamilyolutions.net)



## VISION / MISSION / WHY

**VISION STATEMENT:** Without a clear vision, you will never be able to get to where you want to be.

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**MISSION STATEMENT:** What path are you declaratively choosing to set out onto to begin your journey?  
What do you need to prepare and put together to make you willing to take the first few steps?

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**WHY:** What in this world do you envision and value that makes it worth getting up every morning?  
What are you fighting for? What are you willing to go to battle for? Who are you fighting for?

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## DISCUSSION QUESTIONS

- 1 What do you see the future looking like? Is it a more positive or negative vision?
- 2 How far into the future can you envision or see for yourself?
- 3 Is the path you are on right now a path that you envision or see for yourself long term?
- 4 What areas keep you on your current path, and do you see them leading you toward a vision you want for yourself?
- 5 What do you see yourself valuing more than anything else?
- 6 Are the areas or things you value more external values or internal values? What's the difference between the two?
- 7 Do your internal values align with the vision you want for yourself?
- 8 What declarative mission or path would you want to set out on to make things better for yourself and get you to where you want to be?
- 9 What is one area that you feel the most passionate about wanting to change or make better for yourself and those around you?
- 10 Do you know where to begin or what steps to take to get started on the path you envision for yourself?

Date:

## MY NOTES

[illegible]

**“Setting goals is the first step in turning the invisible into the visible.” – Tony Robbins**

# 30-SECOND ELEVATOR PITCH

## OBJECTIVE

Learn to pitch/describe in detail your vision and mission statement to others in 30 seconds or less.

## TALKING POINTS

It is one thing to have a mission and a vision statement, along with getting to the root of why these two things mean the most to you, and it is another thing to have to explain and get others to understand your mission and vision. Have you ever had a moment where you feel as though you are explaining something to someone in what you believe to be the most crystal clear way, yet the other person stares back at you as though nothing is registering?

If you cannot find a straightforward way to explain and describe your vision and mission to others, they will have a tough time getting on board and supporting you with what you are doing. It would be the same concept if someone asked you for directions and you started listing off every landmark instead of the names of the roads. When you have the vision and mission statement written out, you will combine the two into a declarative statement. When someone asks you who you are and what you do, the two questions seemingly everyone asks, you can quickly tell them with confidence.

If you were to be asked right now to describe who you are, what would say? How do you see yourself telling someone else who you are, and how awkward can that be when you don't even know what to say? When you combine your vision and mission statement with a declarative why, that becomes a solid elevator pitch.

The term elevator pitch "is a slang term used to describe a brief speech that outlines an idea for a product, service, or project. The name comes from the notion that the speech should be delivered in the short time of an elevator ride." *Investopedia.com*.

The hardest part of any good product or service is finding a way to differentiate it from everything else. Having a solid elevator pitch can do just that. If a company never markets or finds a way to sell what they do, will anyone want to buy from them or know who they are? Like a company, you need to find ways to market and pitch yourself and who you are; otherwise, it will be tough for others to buy into and believe in you. It takes time to find the right path and a lot of tweaks and changes, but the more you do it, and the more you practice it, the more declarative and confident it will become.

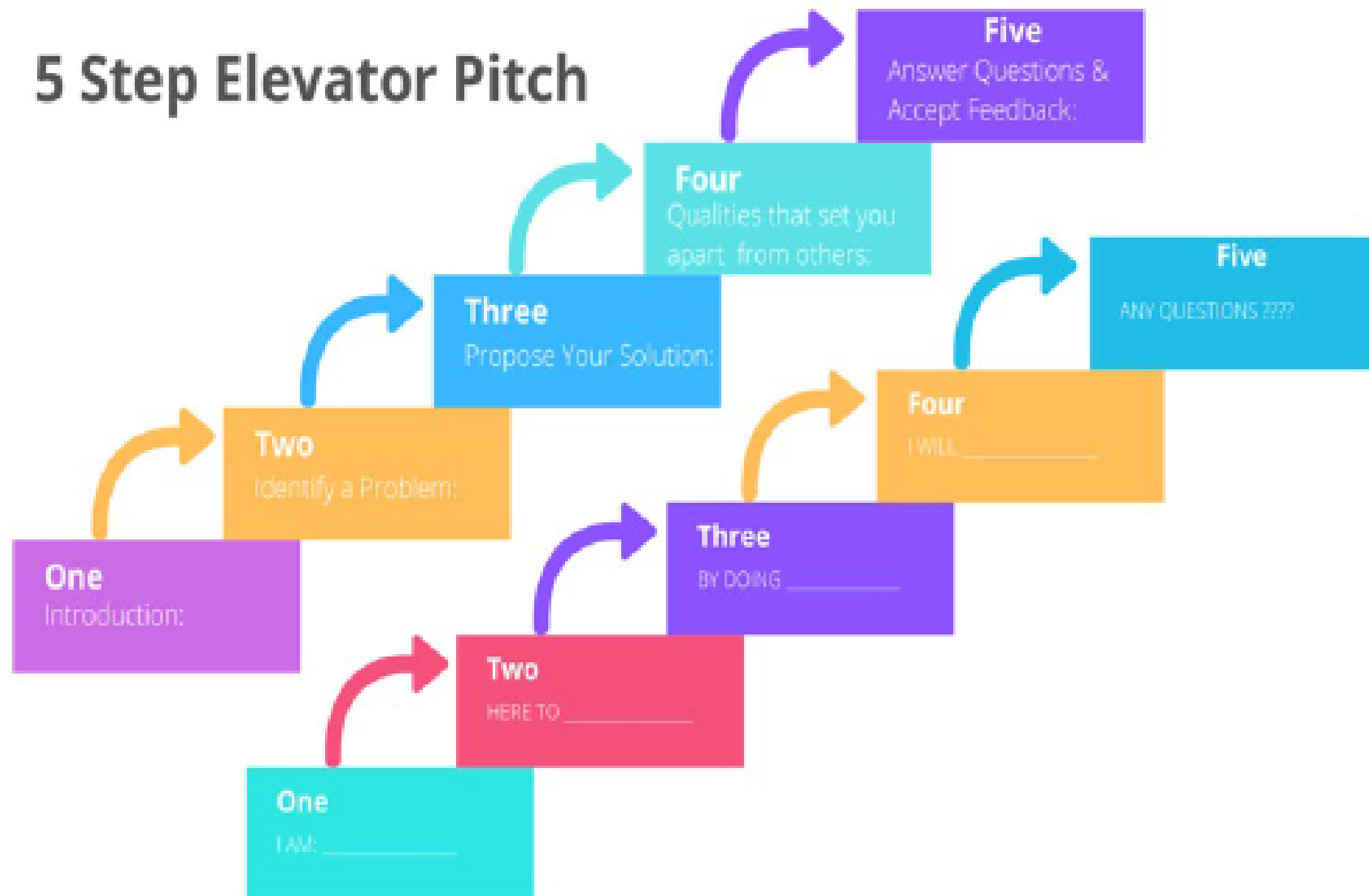
With already having a vision statement coupled with your values and mission, you will be able to add these into the five steps for developing an elevator pitch to create something amazing.

**"OUR DEEPEST FEAR IS NOT THAT WE ARE INADEQUATE. OUR DEEPEST FEAR IS THAT WE ARE POWERFUL BEYOND MEASURE. IT IS OUR LIGHT, NOT OUR DARKNESS THAT MOST FRIGHTENS US."**

**— MARZIANNE WILLIAMSON**

## 3D SECOND ELEVATOR PITCH

### 5 Step Elevator Pitch



### Sample Elevator Pitch

1. I am Bryan Wright, a kind-hearted individual
2. Who is here to support others
3. By standing up for them when they are feeling down
4. And I will challenge myself to step up in times when others are struggling
5. Any questions

### 2nd Sample Elevator Pitch

1. I am Bryan Wright, and I am
2. Here to help more people feel better about themselves
3. By encouraging others to be who they are and want to be and not shame or judge them
4. I will stand up for anyone that I see being made to feel less than or put down for who they are
5. Any Questions



## DISCUSSION QUESTIONS

- 1 How easily are you able to describe to others who you are?
- 2 What do you have to contribute to help make things better for others?
- 3 How many qualities are you able to list about yourself?
- 4 Is there anything you already see yourself doing to help others or put yourself out there?
- 5 How confident are you?
- 6 Do you feel you could walk into a room of millionaires and pitch to them who you are so that they would hire you over anyone else?
- 7 What work experience do you have that has helped you build upon your qualities and who you are?
- 8 What can you commit to pursuing to help improve where you are?
- 9 What is one thing that would make you feel better if it were to change today?
- 10 Do you feel you can make a difference in this world and change things for the better?

Date:

## MY NOTES

[illegible]

**It is better to fail in originality than to succeed in imitation." – Herman Melville**

# RESUMES / COVER LETTERS

## OBJECTIVE

Learn what it takes to create an incredible resume and cover letter for any job.

## TALKING POINTS

Once you can pitch yourself, the next step to getting hired is for you to be able to back it up. It is one thing to say who you are and another to prove who you are and what you are all about. The elevator pitch will help get you through the door, but your resume will seal the deal.

Everyone knows that everything in life is much easier said than done. A quote that everyone should familiarize themselves with is:

**"IT IS BETTER TO HEAR THE WORDS  
WELL DONE VERSUS WELL SAID"**  
— BEN FRANKLIN

The best way to show off who you are and what you are all about is by putting together a resume. This is your opportunity to list off all the areas you are proud of and all of the things you are good at and have achieved. Many youths often feel they have nothing worthy or good enough to share or put together in a resume. However, that couldn't be further from the truth. Many of you do far more than you could imagine and will learn how to put things together in a way that truly highlights the areas you can be proud of.

Even if you have never had a job before and feel as though you have no work experience, going to school qualifies as work and can be added to your resume. As a student, you are learning the essential life lessons fundamental to every other area in life.

When you navigate and figure out how to make it through school, you are teaching yourself to overcome some of the most difficult challenges.

Getting your resume put together can be an art form and does take a bit of practice. But it is essential. It is something that once you have it created, is very beneficial and worthwhile to have. Once your resume is put together, the next area is writing out a cover letter specific to the job. In your own words, you get to write to the person hiring you with a personalized letter. This letter helps you to depict in your own words who you are, how you see yourself, and why you feel you should be the one selected for the job.

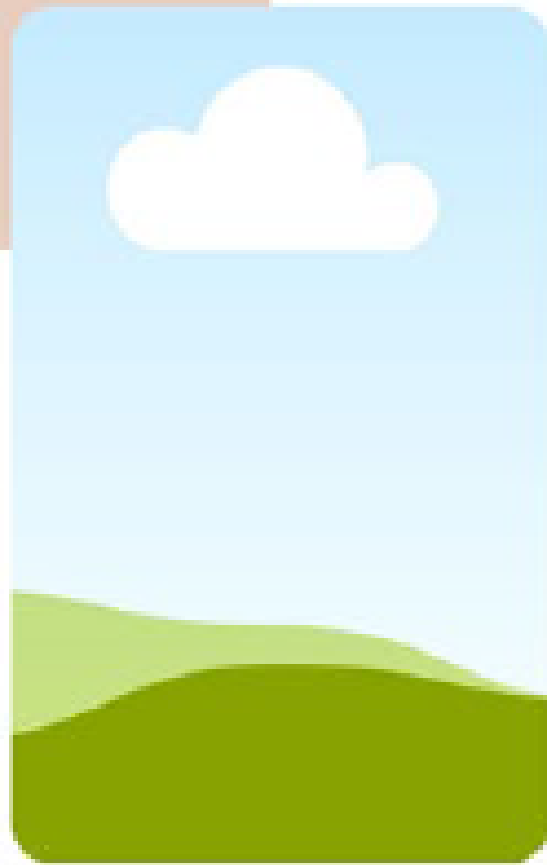
A resume depicts your work experience, credential achievements, and accolades, all neatly put together in order, whereas your cover letter is a personalized letter directly from you. If you don't have enough experience or are lacking in specific achievements, you can have the opportunity to explain yourself. Everyone wants and deserves a chance to prove themselves, and putting together the cover letter is a great way to do that.

# BUILDING A RESUME

## Sample Work Experience

Perhaps you have been helping to raise your siblings, make their meals, get them ready for school or babysit them. These things can be used to show that you are a dependable, loyal, and committed individual.

1. Structure your resume correctly. Use the proper formatting and elements.
  - a. There are a lot of free websites that help you build a resume
    - i. [Myperfectresume.com](http://Myperfectresume.com)
    - ii. [resumegenius.com](http://resumegenius.com)
  - b. Be creative anything you've done for others doesn't have to be paid position
  - c. Yard work, writing, drawing, helping take care of siblings, etc
2. Use the right keywords.
  - a. Be sure to read through the job description carefully and pull out the words they use the most to describe the position
  - b. Use those words within your resume and tailor each resume to each position
3. Add information on your education.
  - a. Any, little or no education doesn't matter
  - b. Add anything that applies to lessons you've learned in life that apply to the job
  - c. Life within itself is educational so add in where you've learned the most lessons and how they shaped you.
  - d. My greatest lessons and education came from XXXX. Add in anything. It could be from babysitting, as an example.
4. List your key skills.
  - a. Everyone has skills and talents. Create a list of qualities and attributes that you can apply to the position
5. Write a compelling objective.
  - a. What makes you unique and stand out
  - b. Your most significant argument for why you are amazing and should be given a chance
6. Compose a cover letter.
  - a. Cover letters are huge as they allow you to have your voice and your why come through more than just bullet points on a resume
  - b. Anyone can write out and create a list of qualities, but when you can articulate and create a story and visual of yourself, that is a big differentiator that will help make you stand out.



JANE  
BRIGGS

## Contact

- 📍 123 Anywhere St., Any City,
- 📞 +123-456-7890
- ✉️ hello@reallygreatsite.com

HEALTHCARE

Dear  
Ms. Kimberly Nguyen,

I am writing in regards to the Medical Surgical Technician position at Fauget Medical Center. I am confident that I have the qualifications and passion for the role that would make me the perfect candidate.

As a Certified Surgical Technician (CST) with the NBSTSA, I have experience in maintaining equipment, supplies, and instruments during surgical procedures. Additionally, I ensure compliance with hospital safety standards. During my internship at Fauget Hospital, I worked closely with RNs, Physicians, and Certified Surgical Technicians to improve the quality of life for diverse patient populations.

I believe that my skills and background would be an excellent fit for the Medical Surgical Technician role at Fauget Medical Center. I look forward to speaking with you more about this opportunity and can be reached via phone or email at your convenience. Thank you for your time and consideration.  
Sincerely,

*Signed Name*

printed name

## DISCUSSION QUESTIONS

- 1 Have you ever put together or worked on a resume before?
- 2 What are the top five areas you would like to share about yourself?
- 3 What are some of your top achievements that you can list out?
- 4 What skill sets or areas of training do you have?
- 5 Do you have any unique talents that could be utilized in the position you apply for?
- 6 What are some areas that you feel you would want others to know about you or that you would feel the most comfortable sharing with others?
- 7 How do you see your work ethic compared to others? Do you see yourself to be a determined person? Are you someone that loves learning and is easily self-taught?
- 8 Why should you be selected over someone else, or what makes you feel more qualified?
- 9 What do you see as the most critical aspects of a work environment?
- 10 How do you see yourself contributing and adding value to a business?

Date:

## MY NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**"Success isn't always about greatness. It's about consistency. Consistent hard work leads to success. Greatness will come." – Dwayne Johnson**

SESSION FOUR

# SOCIAL NETWORKING

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## SESSION FOUR: SOCIAL NETWORKING



### ACTIVITY #1 (30 minutes)

#### NEVER STOP LEARNING

Purpose: Learn the importance of education and how you must continue learning and growing your skills throughout every stage of life. Your education doesn't stop, nor should it ever, as there is way too much to learn.



### ACTIVITY #2 (30 minutes)

#### PASSION / PURPOSE / PROFIT

Purpose: Learning to find your purpose through your passion and how to turn that into profit.



### ACTIVITY #3 (30 minutes)

#### INTERVIEW SKILLS

Purpose: Learn the ins and outs of a great interview and things that can best help you to prepare for an interview.

# DEFINITIONS WORKSHEET

Please define each of these words or phrases:

- 1 Connection -
- 2 Vision -
- 3 Commonalities -
- 4 Unity -

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.

Connection \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Vision \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Commonalities \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Unity \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# NEVER STOP LEARNING

## OBJECTIVE

Learn the importance of education and how you must continue learning and growing your skills throughout every stage of life. Your education doesn't stop, nor should it ever, as there is way too much to learn.

## TALKING POINTS

As stated in session one, activity one, you should recall that knowledge is power. Knowledge can be powerful as it provides opportunities to make deeper connections. The more you know, the more you can relate and the more you relate, the more you will feel connected, which will take you further in life. It doesn't matter what it is; you should put yourself in a position to learn everything and anything you can, regardless of whether you feel it applies to you. Everyone asks the same question, "Why do we need to learn this?" or "Does this really apply to real life?" and then give themselves an excuse not to have to learn or even try.

The answer to both those questions is "YES"! Yes, you do and should need to learn what you are, and "YES" it does apply to every aspect and area in life whether you believe so or not. I guarantee you that if you apply yourself, take things more seriously, pay attention, and challenge yourself to learn one new fact a day, it will pay off later in life.

For example, say you're working at a job and you find out your boss is a major history fan and knows about each war. You paid attention in history class enough to carry out a conversation with the boss on what they love. If a month passes and the boss is looking to promote someone, ask yourself who would stand out the most in their mind. The person who was able to relate and connect will stand out. Also, it's a good indicator that if you were able to relate with them, you must be a suitable connector in general.

Suppose you are an individual who says they hate math or science. In that case, these are two areas that are interwoven into every facet of life and need to be understood as they both teach you how to problem solve and figure out some of the most complex answers to life. If you have the capability and commitment to accept the challenge of taking on some of the most complex problems that math and science offer up, it will set you a part in an excellent way. If you can't even challenge yourself to take on a math problem because you think it is dumb, think how that mentality trickles into every other facet of your life.

If you look at certain things, take them for granted, and do not appreciate them the way they deserve, you don't get to experience the vastness and amazingness of life. Math and science are the building blocks of civilization. Everything you have stems from these two areas. This life and world already provide you with everything you need, and when you understand the complexities of it, you will be left amazed by how much more it still has to offer you. You have to be willing to continue to open yourself up and never stop learning.

## DISCUSSION QUESTIONS

- 1 What three facts can you teach me that you learned within the last week?
- 2 What would be one topic you feel you could teach someone better than anyone else or any areas that you feel would be fun to teach others about?
- 3 What are you most passionate about that constantly makes you want to learn more?
- 4 What new areas would you want to explore or learn more about?
- 5 How well do you feel as though you would be at taking over and teaching a class?
- 6 What areas do you see yourself growing the most within?
- 7 If you knew that reading more books is statistically calculated into how much money you are prone to make in the future, would you start reading more books?
- 8 What does that say about you if you don't like a specific topic but still challenge yourself to learn about it? How many qualities does that display alone, and how much character does that build?
- 9 Life is filled with so much wonder and beauty; without exploring and learning everything about it, you truly are missing out. What areas do you find the most beautiful?
- 10 What can you start learning more about today?

Date:

## MY NOTES

[illegible]

**"An investment in knowledge pays the best interest." Benjamin Franklin**

# PASSION / PURPOSE / PROFIT

## OBJECTIVE

Learning to find your purpose through your passion and how to turn that into profit.

## TALKING POINTS

When you never stop learning, your passions will never stop growing, and the more passion you build and grow, the more purpose you will find and feel. When you find your passions and purpose, and you find ways to help add more value to your life and those around you, this is 100% when you will be valued and will become more profitable.

You will find profit and money coming in without even having to try. Money follows passion and purpose and not the other way around. Profit will always be limited compared to your purpose and the passion you put into your work. You honestly and fully heartedly need to evaluate where you are and what you are doing and ask yourself if this brings you more value and if you feel passion or purpose with where you are and what you're doing.

If the answer is NO, where do you need to begin focusing your time and energy, or what things do you feel you could try, learn or do that will help spark a new passion? It is your life to explore and discover, and your life alone to put yourself in the most positions or opportunities possible to figure out your passions and to learn your purpose.

If you don't put yourself out there, you will feel like there is no purpose or point, and your passion will continue to dry up until nothing excites you. Life is far too exciting not to feel excited, and there is so much to explore and be passionate about. Life provides limitless chances and opportunities to open yourself up to explore. You have to be willing to take them and open yourself up to feeling good enough and deserving more.

Passion comes from within and from the experiences we have throughout life. The more you experience and do, the more you grow. The more you learn and grow, the more you discover your passions and the areas of life that really excite you and make you come alive. You could be the world's greatest painter, but would you ever know if you don't open yourself up to trying or exploring it? You could be the greatest guitarist of all time, but would you ever know if you never picked up a guitar to try? How do you truly know what you are good at without trying or exploring everything? If you don't try, how do you know what you could be the greatest at?

## DISCUSSION QUESTIONS

- 1 Have you ever heard the expression, "Those that say money is everything are more often willing to do just about anything to get it"? If you agree, where do you feel as though following the passion for money usually leaves people?
- 2 What would you say are your current passions in life?
- 3 What areas in life do you find the most joy or excitement in?
- 4 If you looked at your most significant role models or individuals you look up to, what would you say their purpose within life is or has and continues to be?
- 5 Are there any areas in the world that you feel more drawn towards or find the most interesting?
- 6 What topics or areas do you feel you could argue or debate the most on?
- 7 What are some things happening within the world that you feel as though if you could change them, it would make the world a better place?
- 8 Do you see yourself as someone who gets involved or puts themselves out there to help with specific causes?
- 9 Do you see a problem that is being overlooked or that there is little attention being brought to help out with it? Is there anything you could do or see yourself doing to help bring attention to the issue?
- 10 What is one area you are willing to choose to learn more about starting today?

Date:

## MY NOTES

[illegible]

**"If you are working on something that you really care about, you don't have to be pushed. The vision pulls you." – Steve Jobs**



# INTERVIEW SKILLS

## OBJECTIVE

Learn the ins and outs of a great interview and things that can best help you to prepare for an interview.

## TALKING POINTS

Life is about finding healthy ways to put yourself out there to learn and grow in the areas you are interested in. Doing an interview is a big way of putting yourself out there and thoroughly testing your skillsets of how you view and see yourself and the areas you want to grow in. You can learn so much from interviews, while also becoming good at interviewing others. One of the most extraordinary skillsets to acquire and apply is the ability to fully listen to others so that the other person feels heard and understood.

Out of the millions of ways to help struggling or hurting people, one of the absolute best ways is simply to be there to listen to them. Think about that for a moment: showing that you genuinely care enough to be there for them and listen and hear them out. For most people, all they want, more often than not, is to feel heard, understood, and validated. Without these three areas being met or felt, it could have severe effects as it causes people to question everything repeatedly within their heads. Think about how easily and quickly your brain can take you down a spiraling abyss of insecurities and feelings of not being good enough if you don't feel heard, understood, or validated.

With everything becoming so instantaneous, it feels as though individuals desire or need to feel validated and heard immediately; if not, it drives them nuts. How often do you notice someone text someone else, and if it goes longer than five minutes without hearing from them, it is almost as if that person has ghosted them? Another example is when you post a photo or something online, how fast do you anticipate or expect to see likes, views, or shares on it? If it's not being responded to within X amount of time, what do you end up doing with that photo or how do you feel about yourself?

As scary as all of these things are, one of the best ways to receive validation is by putting yourself out there and testing yourself in real-life applications, not online applications. When you do an interview, you are truly putting yourself out there and challenging yourself in one of the healthiest ways possible. The best way to get good at interviews is to interview others first. Returning to the beginning, when you get good at interviewing others, it shows you are caring enough to listen and be there for them. These are all areas that need to continue to be developed throughout life.

## INTERVIEW SKILLS

Out of all the areas you found of interest and would want to learn more about, I challenge you and encourage you to find five people to interview in those areas.

# The Components of a Great Interview

Tips and tricks →



## INTERVIEW DO'S & DONT'S

### INTERVIEW DO'S

1. COME PREPARED WITH QUESTIONS
2. DRESS UP AND COME PRESENTABLE
3. BE HONEST AND TRUTHFUL
4. MAKE YOURSELF REMEMERABLE
5. EXPLAIN HOW YOU CAN BE AN ASSET TO THE COMPANY

### INTERVIEW DONT'S

1. DON'T FORGET TO DO YOUR RESEARCH
2. DO NOT BE LATE TO THE INTERVIEW
3. DON'T BE NEGATIVE ABOUT PAST EMPLOYERS
4. DON'T BE MODEST THIS IS YOUR TIME TO BOAST AND BRAG ABOUT YOURSELF
5. DON'T FORGET TO BRING YOUR RESUME

# What makes a great interview?

**Know what you are walking into.**

Research at least 5 facts about the company or person

**Don't rush through your questions.**

A great interview sounds just like a normal conversation don't rush it and take your time

**Take Deep Breaths and Relax**

You got this use positive affirmations and deep breathing to help stay calm

**Be Grateful for the Opportunity**

Always be sure to thank them before and after for the opportunity to interview with them



## Top 10 Interview Questions?

1. Tell Me About Yourself?
2. How would you describe yourself?
3. What makes you unique?
4. What are you passionate about?
5. How do you see yourself being an asset to the company?
6. What interests you the most about this position?
7. What motivates you the most?
8. How do you see yourself dealing with conflict?
9. What are your greatest Strengths?
10. What are your Weaknesses?



## DISCUSSION QUESTIONS

- 1 Do you have anyone you want to interview or someone you can think of who would be willing to interview you?
- 2 Is there anyone that you would feel would be amazing to have the chance to interview?
- 3 Is there a famous celebrity, athlete, or Nobel Prize winner you find the most fascinating that you would want to interview?
- 4 Do you know anyone locally working in a position you could see yourself wanting to do that you could interview?
- 5 Do you see yourself being able to turn your weaknesses into strengths quickly?
- 6 Can you list five or more qualities of who you are?
- 7 What are your greatest strengths?
- 8 Interviews can be very nerve-wracking, so how can you calm yourself down or get through the nerves?
- 9 Have you ever used positive mantras or phrases that you tell yourself to stay in a positive mindset? Easy ones are, "You got this," and "You are worthy and good enough."
- 10 Have you ever considered applying for as many jobs as possible and seeing how many interviews you can get to practice your skills and see what is out there?

Date:

## MY NOTES

[illegible]

**"Be yourself and let your light shine though and no matter what happens, use it as an experience to grow and learn from. YOU GOT THIS."**

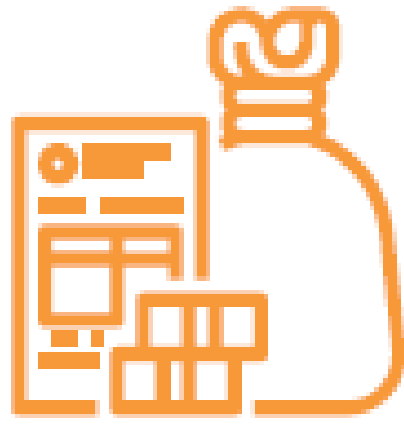
SESSION FIVE

# BUSINESS VERSUS LIFE

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## SESSION FIVE: BUSINESS VERSUS LIFE



### ACTIVITY #1 (30 minutes)

#### BUSINESS & LIFE

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.



### ACTIVITY #2 (30 minutes)

#### BEING YOUR OWN ENTREPRENEUR

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)

#### IF YOU CAN SEE IT, YOU CAN CREATE IT

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.

# DEFINITIONS WORKSHEET

Please define each of these words or phrases:

- 1 Standards -
- 2 Entrepreneur -
- 3 Fail vs. Failure -
- 4 Standard -

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.

Standards \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Entrepreneur \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Fail vs. Failure \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Standard \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# BUSINESS & LIFE

## OBJECTIVE

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.

## TALKING POINTS

Think about how a business operates, including every facet of what goes on behind the scenes and all the preparation, energy, and work that takes place before the doors even open.

**"IT'S THE WORK YOU DO BEHIND THE SCENES, WHEN NO ONE IS WATCHING THAT DETERMINES YOUR LEVEL OF PERFORMANCE"**

**— JOE DUNCAN**

You need to be committed and willing to put in the work even when no one is looking and learn that character is built behind the scenes where you don't get applauded or immediately glorified. This huge aspect deters individuals from fully committing to not only what they are doing but who they are as an individual. Where there is no praise, applause, or validation from the outside world, you and you alone have to believe fully in yourself and be convinced of what you are doing and who you are. When you feel alone, you are left to your thoughts, temptations, and vices; this is the ultimate test and testament of building and solidifying your character.

Only you and you alone fully know what is holding you back, and it is up to you to determine what you are willing to change or create for yourself to help get you to where you want to be. When you can create a list of things you are willing to commit to or change and create a routine, this creates and establishes a person's standards.

When you walk into a business you love, what standards do you notice being demonstrated? Do you feel they would last long if they didn't have high standards and commit to them daily when they open the doors?

**"IN LIFE, WE ALWAYS RISE OR FALL TO THE STANDARDS WE SET FOR OURSELVES - SET HIGH STANDARDS"**

**— FELA BANK-OLEMOH**

**"STANDARDS ARE NOT ESTABLISHED BY YOUR PROCLAMATIONS THEY ARE ESTABLISHED BY YOUR ROUTINES."**

**— T JAY TAYLOR**

When you have a higher set of standards, it leaves little to zero room for excuses to get in the way, and with no excuses being accepted or allowed, all that is left is 100% accountability. What is one doctrine that businesses are built upon, "Who is always right?" how easy was it to know the answer to that? Think about that to fully embrace and take accountability, not to have anyone else to point the finger at or blame for anything, just owning it, learning from it, and building stronger from whatever it is. You take full ownership of it, meaning you create all the solutions for it and fully accept all the problems that come along with it. These areas that businesses are built upon should be assessed and considered.

## COMPARING BUSINESS TO LIFE

### BUSINESS

9 areas to assess and compare. Fill out the business side (left) by going through each of the 9 areas and answering the questions.

1. **Values:** What are the top 3 values you see within the business?
2. **Mission:** What are the top 3 things the business does for the customer?
3. **Relationships:** How does the business build relationships with people or how do they get people to keep showing up?
4. **Creating:** What does the business do to create or generate new customers?
5. **Connecting:** What ways do they put themselves out there to connect with customers?
6. **Sustaining:** How do they sustain and get people to continue to keep coming back?
7. **Problem:** What are the main problem the business is working to solve or help provide a solution for?
8. **Solutions:** What are the main solutions they have developed to solve the problems?
9. **Outcomes:** How do they access and maintain consistent outcomes?

BUSINESS	LIFE	BUSINESS	LIFE
<div>VALUES</div> <div>1.</div> <div>2.</div> <div>3.</div>	<div>VALUES</div> <div>1.</div> <div>2.</div> <div>3.</div>	<div>CREATING</div> <div>1.</div> <div>2.</div> <div>3.</div>	<div>CREATING</div> <div>1.</div> <div>2.</div> <div>3.</div>
<div>MISSION</div> <div>1.</div> <div>2.</div> <div>3.</div>	<div>MISSION</div> <div>1.</div> <div>2.</div> <div>3.</div>	<div>CONNECTING</div> <div>1.</div> <div>2.</div> <div>3.</div>	<div>CONNECTING</div> <div>1.</div> <div>2.</div> <div>3.</div>
<div>RELATIONSHIPS</div> <div>1.</div> <div>2.</div> <div>3.</div> <div>4.</div> <div>5.</div>	<div>RELATIONSHIPS</div> <div>1.</div> <div>2.</div> <div>3.</div> <div>4.</div> <div>5.</div>	<div>SUSTAINING</div> <div>1.</div> <div>2.</div> <div>3.</div> <div>4.</div> <div>5.</div>	<div>SUSTAINING</div> <div>1.</div> <div>2.</div> <div>3.</div> <div>4.</div> <div>5.</div>

# BUSINESS

# LIFE

<p><b>PROBLEM</b></p> <p>1.</p> <p>2.</p> <p>3.</p>	<p><b>PROBLEM</b></p> <p>1.</p> <p>2.</p> <p>3.</p>
<p><b>SOLUTION</b></p> <p>1.</p> <p>2.</p> <p>3.</p>	<p><b>SOLUTION</b></p> <p>1.</p> <p>2.</p> <p>3.</p>
<p><b>OUTCOME</b></p> <p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p>	<p><b>OUTCOME</b></p> <p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p>

## LIFE

Once you have the Business side put together go through your side and start asking yourself the same questions and go through and fill out each category.

1. **Values:** What are the top 3 values you see in your life?
2. **Mission:** What are 3 things that you consistently do for others?
3. **Relationships:** How do you see yourself building relationships with people?
4. **Creating:** What situations are you putting yourself into or creating to meet new people?
5. **Connecting:** How do you see yourself connecting with others?
6. **Sustaining:** How do you see yourself sustaining the relationships you have within your life?
7. **Problem:** What are the main problems you are working to solve or create solutions to?
8. **Solutions:** What are the main solutions you've thought of or resort to?
9. **Outcomes:** What outcomes have you been getting?

## ERIC THOMAS QUOTES

"YOU CAN EITHER MAKE EXCUSES OR EXECUTE. NOT BOTH. JUST KNOW THAT YOUR DECISION WILL SHOW UP IN THE STAT SHEET FOR BETTER OR WORSE — THAT'S ON YOU."

"DON'T LET YOUR FEELINGS CAUSE YOU TO MAKE DECISIONS THAT YOU WILL LATER REGRET. KEEP YOUR FEELINGS OUT OF SITUATIONS AND FOCUS ON YOUR VALUES AND YOUR PRINCIPLES INSTEAD."

"I TELL YOU ALL THE TIME: IT'S NOT ABOUT GETTING IT, IT'S ABOUT KEEPING IT. AND THE ONLY WAY TO KEEP IT IS TO BUILD ON A SOLID FOUNDATION WITHOUT CUTTING CORNERS AND TAKING SHORTCUTS."

"HALF OF SUCCESS IS OUTLASTING THE PAIN. PUSH PAST THE PAIN! I PROMISE IF YOU PUSH PAST THE PAIN AND GET TO THE OTHER SIDE, IT WILL ALL BE WORTH IT."

"STOP WHINING! THE ONLY PERSON THAT IS REQUIRED TO HELP YOU IS YOU."

"DON'T DO IT FOR THE CHECK OR THE LIFESTYLE. DO IT BECAUSE YOU CAN'T SEE YOURSELF DOING ANYTHING ELSE."

"DON'T DO IT FOR THE CHECK OR THE LIFESTYLE. DO IT BECAUSE YOU CAN'T SEE YOURSELF DOING ANYTHING ELSE."

"TAKE A LOOK AT YOUR DAILY HABITS. ARE THEY PREPARING YOU FOR SUCCESS OR ARE YOU GETTING WORSE? YOUR SUCCESS DEPENDS ON A PRODUCTIVE DAILY ROUTINE."

"DON'T ALLOW THEIR LIMITED THINKING, AND THEIR DOUBT TO BECOME YOURS."

"ONLY YOU CAN STOP YOU. MAKE A COMMITMENT TO NOT ALLOW SOMEONE ELSE'S ACTIONS TO KEEP YOU FROM YOUR DESTINY."

## DISCUSSION QUESTIONS

- 1 What is your favorite business? What makes you love this business in particular more than any other business?
- 2 How do you see yourself connecting with others, or what opportunities have you taken to put yourself out there to meet new people?
- 3 How do you see yourself expanding upon where you are to make yourself more versatile?
- 4 Do you see yourself as a good problem solver or a creative, outside-the-box thinker who can come up with more positive solutions than negative ones?
- 5 Have you ever had a moment or time where you felt you went all in?
- 6 How did it feel to commit to something fully? How did it turn out? How terrified were you?
- 7 What did you learn from going all in, and what is the most significant takeaway you can share with others?
- 8 How hard is it to believe fully in yourself?
- 9 How do you teach yourself to develop an unwavering sense of commitment, determination, and resiliency?
- 10 What does it take to endure all odds stacked miles high against you?

Date:

## MY NOTES

[illegible]

**"If you don't build your dream, someone else will hire you to help them build theirs."**

### Dhirubhai Ambani, entrepreneur

# BEING YOUR OWN ENTREPRENEUR

## "Learning the Difference between Fail and Failure"

### OBJECTIVE

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.

### TALKING POINTS

Being an entrepreneur means giving yourself permission to fail and fail often. You learn the most significant lessons in life from failures. If you aren't failing, you aren't learning. To develop into who you are meant to be, you have to own those moments, fully reflect and learn from them, and figure out healthier ways to move forward. If you notice yourself blaming others, denying or minimizing what happened in any situation, these are the biggest mistakes you can make and they will not allow you to learn or grow.

These areas cause individuals to inevitably give up and quit faster than anything else as they continue to see everything stacked against them instead of for them. If you do not learn to accept and try to solve or create ways to work around things creatively, there will be no growth. If there is no growth, there is zero sustainability, and you will continue to notice yourself failing and failing more often.

An entrepreneur will fail 9 out of 10 times and will need to start many companies before they become successful. With each of these failures, you will hear successful entrepreneurs talking more about failed opportunities than their real successes. They took each of the failures as an opportunity to learn from and apply new ways of doing things. One common misconception that is often taught is that because you fail at something, it inevitably makes you a failure.

When you fail at something that is a verb or action word, it doesn't make you a failure as it is a noun (person, place, and thing). The only way you are a failure is when you decide to give up and quit and when you accept that you are a failure. Almost every successful entrepreneur will share that the sole decision not to accept failure made them who they are. When you actively choose to keep moving forward, continue to accept challenges, stop blaming others and fully own all aspects of who and where you are, you will never be a failure.

If you genuinely want to make a change and actively want to make things better, then three steps must be taken to fully grow into who it is you want to become. You must learn to Own It, Accept It and Grow from It. Whatever IT is doesn't matter; whatever or wherever you see areas that have held you back and kept you stuck. At this moment, you must actively choose not to allow these things to continue holding you back. Taking full accountability within life comes from Owning It, Accepting It, and Growing from It.

## DISCUSSION QUESTIONS

- 1 How much ownership or accountability do you see yourself taking?
- 2 When you make a mistake, do you notice yourself lying about it, blaming it on someone else, or minimizing the situation to make it seem like no big deal?
- 3 How do you notice yourself accepting times of failing in life?
- 4 How hard is it to talk about life's failures?
- 5 Why do you think it is hard for people to own or accept their failures or mistakes?
- 6 What are some mistakes that you have seen yourself learning and growing from?
- 7 Are there areas in life that you have been struggling with the most?
- 8 Are there any areas in life where you have noticed yourself blaming others?
- 9 When was the last time you got caught up in believing that you weren't good enough or that you were just a failure? Do you still believe that you are not good enough?
- 10 Who do you see yourself turning to in the most in difficult times? Do you have certain trusted people that you turn to?



Date:

## MY NOTES

[illegible]

**“Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.” –Dale Carnegie**

# IF YOU CAN SEE IT, YOU CAN CREATE IT

## OBJECTIVE

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.

## TALKING POINTS

Everything within this world begins and ends with how you perceive, think, or view life. If you keep running into the same problem with the same outcomes and issues and can't think of a solution, then your problem is not the situation or circumstance. It is more than likely you. You need to consider yourself the problem, and as hard as that is to receive or take, think about it for what it is. Remove all barriers, all obstacles, all challenges, and what is left getting in the way of you creating the life you want. The answer is "YOU" and you alone.

You can shape, shift and create whatever world you want. That is true. But you can't get it through the same belief system you live in. There is no shortcut; there is no immediate solution or quick fix to get you where you want to be. The only way to get to where you want to be is by first knowing where in the world you want to be. As goes the proverb, "I can teach anybody how to get exactly what they want. All they have to do is tell me what they want." And then, on top of that, the proverb, "You can lead a horse to water, but you can't force it to drink."

It is one thing to know something and a vastly different thing to apply it, use it, and put that knowledge to work for you.

I was taught a long time ago that I would much rather hear the words "Well Done" versus "Well Said" Anybody can talk, anybody can dream, and everybody has ideas, but it is those that can see the ideas so crystal clear that they can feel it in a way that they know it can be confirmed that are successful. You can envision it and every detail that goes along with it to the point you start seeing exactly how to lay it out or how to bring it to life.

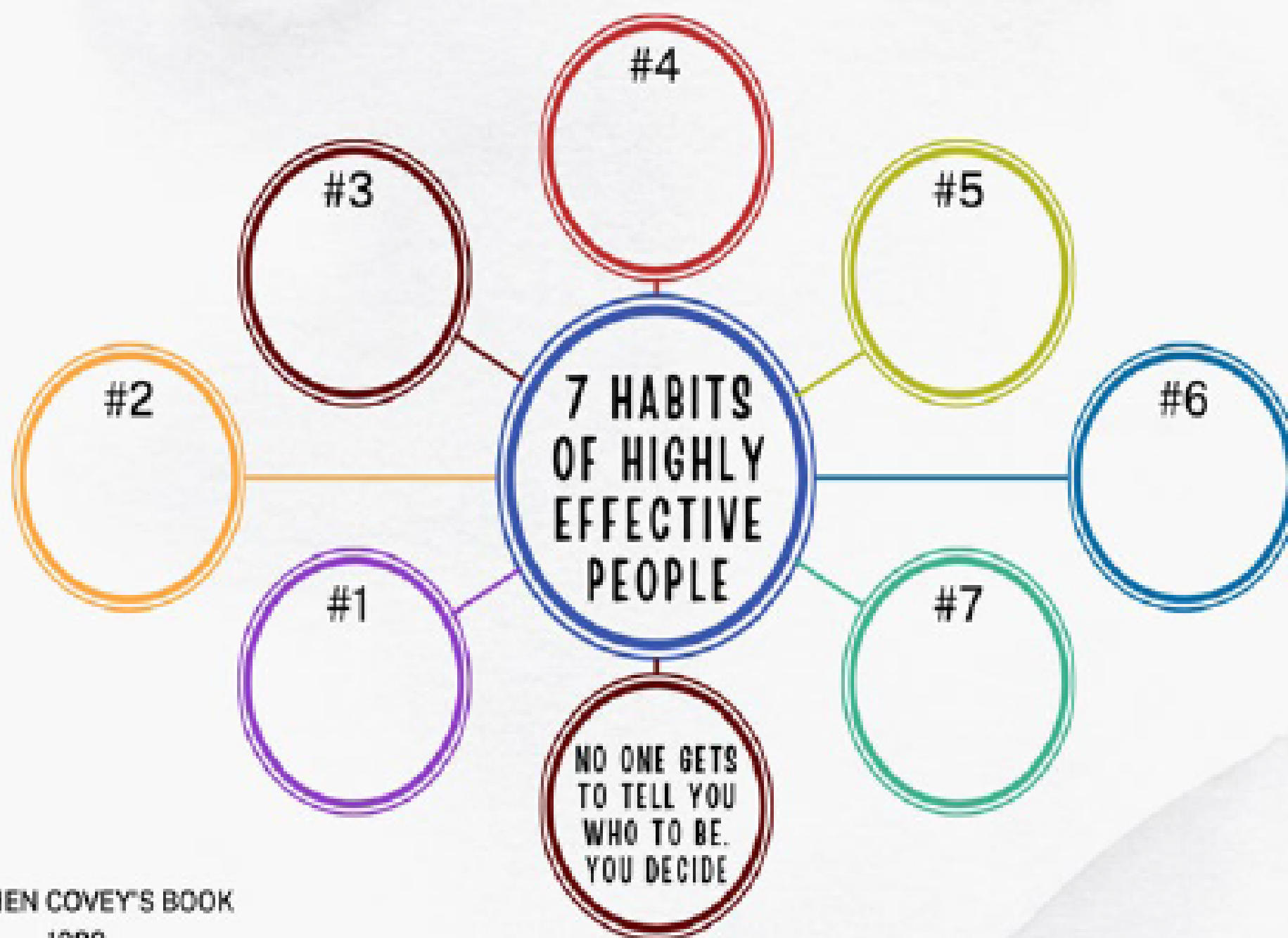
**"DON'T WORK TO LIVE / LIVE TO WORK."**

Little by little, step by step, you begin to create the vision you see and feel to be real, and there is no shortcut to that, and that is the best part. If the journey is more experiential than the reward itself, shouldn't you want to stay on that journey and path for as long as you can? Soaking up and learning everything you can while you are there. All the setbacks, the struggle, the uncertainty, and the FEAR of the unknown that you learn to challenge, face, and take head-on is where the real growth comes from and where fundamental ideas turn from concept to creation.

Honestly and full-heartedly, what do you envision for yourself and the world you are living in? It's time to start creating it. Here and now, it is up to you to determine and decide what you will start creating more of and putting more of that back into the world.

## How Do You Create The Life You Desire?





## INSPIRATIONAL WORDS

the best way to predict  
your future is to create it.

Abraham Lincoln

## CHALLENGE YOURSELF

98%

"SUCCESS IS 98% ATTITUDE AND ONLY 2% TECHNIQUE" CHALLENGE  
AVERAGE

Life, Family, School, World, YOU

98%

CHALLENGE

## DISCUSSION QUESTIONS

- 1 Have you ever been suckered into a get-rich-quick scheme?
- 2 How often do you notice people trying to sell you self-improvement or get healthy quick ideas?
- 3 Are you willing to accept the 1% challenge? How much difference do you feel you would notice if you changed one thing and worked on one new thing every day for the year?
- 4 Have you ever set a resolution goal, tried committing to something in the past, or maybe are trying to commit to something now? If so, what was or is it?
- 5 Did you succeed in your challenge, or did you give up early? If you did end early, why did you quit?
- 6 Where do you notice your greatest struggle?
- 7 Do you believe that you are capable of creating the life you want?
- 8 Do you see yourself as a happy person? Are you more of an optimistic or pessimistic person?
- 9 When you look into your future, do you see a vision and a path for how to get there?
- 10 After completing this curriculum, what do you see yourself changing or wanting to commit more to?

Date:

## MY NOTES

[illegible]

**“Success is peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable.” –John Wooden**