

Adventures in Wisdom™

A fun life coaching program for kids!



MindPower™ - Understand the Power of Your Mind and Why You Achieve what You Believe!

5 Skill books:

- How Your Mind Shapes Your World...and what You can do to Shape Your Mind
- Power of Possibility – *Why you Achieve what Your Believe (the good & the bad)*
- Building Neural Pathways – *How to Create Your Path to Success*
- The Secret Radar in Your Brain – *How to Use Your RAS to Achieve Your Goals*
- Power Shifting – *How to Choose Your Power even when Things don't Go Your Way*



InnerPower™ - How to Choose Who You Want to be and Stand Against Peer Pressure

6 Skill books:

- The Power of Self-responsibility – *How to Be "The Boss of Me"*
- Choosing Integrity – *What You Do When No One is Looking*
- Make Your Mark with Respect – *Understanding Your Impact on Others*
- Make Your Mark with Self-respect – *Understanding Your Impact on You*
- How to Make Good Decisions – *Choosing What You Want for You*
- Standing Up to Peer Pressure – *How to Say "Yes" to You and "No" to Peer Pressure*

MePower™ - How to Develop Soaring Self-esteem and Powerful Self-confidence

5 Skill books:

- I Love Me! *How to Develop Soaring Self-esteem*
- I Honor Me! *How to Be Yourself and Honor Your Uniqueness*
- I Believe in Me! *How to Develop Unstoppable Self-confidence*
- Self-talk – *Mastering the Secret Behind Self-esteem and Self-confidence*
- Self-coaching – *How to Conquer the Day-to-day Ups & Downs and Create Daily Mastery*



DreamPower™ - Create your Vision, Achieve Your Goals, & Manifest Your Dreams!

6 Skill books:

- Creating Your Vision – *What do You Want?*
- Goal Setting – *How to Turn Your Vision into Action!*
- Law of Attraction – *Using Attraction and Action to Manifest Your Goals*
- Visualization – *How Winning in Your Mind Creates Winning in Life!*
- Affirmations – *How to Program Your Mind to Reach Your Goals*
- Gratitude – *How an Attitude of Gratitude Prepares You for Your Dreams*

Slaying Dragons™ - Learn to Bust through Fear, Mistakes, Failure, and Change and Go for Your Dreams!

5 Skill books:

- Overcoming Mistakes – *How to Learn from Mistakes and Let them Go*
- Managing Fear – *How to Create Courage and Bust Outside of Your Comfort Zone*
- Moving Past Failure – *How to "Put it in a Box" and Keep on Goin'*
- Managing Change – *How to Embrace Change and Thrive*
- Conditional thinking – *How "if...then" Keeps You from Happiness*

