



Adventures in Wisdom™

A fun life coaching program for kids!

Week 1

Welcome to Adventures in Wisdom

- Your Journey Begins!

MindPower™ - Understanding the Power of your Mind and Why You Achieve What You Believe

- 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)*



Week 2

MindPower™ continued...

- 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*

Week 3

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

- 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*



Week 4

InnerPower™ continued...

- 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*

Week 5

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

- 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*



Remember to do your Wise in 5s!



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Week 6

MePower™ Continued...

- 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*



Week 7

DreamPower™ – Create Your Vision, Achieve Your Goals, and Manifest Your Dreams

- 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*



Week 8

DreamPower™ Continued...

- 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*

Week 9

Slaying Dragons™ – Learn to Bust Through Fear, Mistakes, Failure, and Change and Go For Your Dreams

- 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’*



Week 10

Slaying Dragons™ Continued...

- Managing Change – *How to Embrace Change and Thrive*
- Conditional thinking – *How “if...then” Keeps You from Happiness*

Remember to do your Wise in 5s!