

Adventures in Wisdom™

A fun life coaching program for empowering kids!



MindPower™ Understand the Power of Your Mind and Why You Achieve What You Believe

Five Skill Books:

1. How Your Mind Shapes Your World...and What You Can do to Shape Your Mind
2. Power of Possibility - *Why You Achieve What You Believe (The Good & the Bad)*
3. Building Neural Pathways - *How to Create Your Path to Success*
4. The Secret Radar in Your Brain - *How to Use Your RAS to Achieve Your Goals*
5. Power Shifting - *How to Choose Your Power Even When Things don't Go Your Way*

InnerPower™ How to Think for Yourself, Make Good Decisions, and Stand Up to Peer Pressure



Six Skill Books:

6. The Power of Self-responsibility - *How to Be "The Boss of Me"*
7. Choosing Integrity - *What You Do When No One is Looking*
8. Make Your Mark with Respect - *Understanding Your Impact on Others*
9. Make Your Mark with Self-respect - *Understanding Your Impact on You*
10. How to Make Good Decisions - *Choosing What You Want for You*
11. 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

Five Skill Books:

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



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

Six Skill Books:

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

Slaying Dragons™ Learn to Bust Through Fear, Mistakes, Failure, and Change

Five Skill books:

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

