

# PERSONAL DEVELOPMENT

## UNIT 1 – DEVELOP YOURSELF

**Unit 1 - Essential Question:** Why is personal development important for my future, career and life?

**Learning Objectives:**

1. Understand personal development, what it means, who is responsible for it and how to incorporate it into your daily habits and lifestyle.
2. Understand the value of positive relationships and mentorship and identify those people in your life.
3. Understand the impact self-reflection has on personal growth and planning for the future.

### MENTORSHIP: THE POWER OF MENTORSHIP

- Lesson 1 – Mentorship – What Is Traditional Mentoring?
- Lesson 2 – Mentorship – The Man on Stage vs. Man in The Mirror
- Lesson 3 – Mentorship – Transactional vs. Transformational Mentorship
- Lesson 4 – Mentorship – Inspiration from A Mentor

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

- Lesson 5 – Past & Future – Personal Reflection + Future Projection = Personal Development
- Lesson 6 – Past & Future – To Create or Be Created
- Lesson 7 – Past & Future – Born to Be Different
- Lesson 8 – Past & Future – Personal Leadership

### A SATISFIED LIFE: FIND SATISFACTION IN EACH STAGE IN LIFE

- Lesson 9 – A Satisfied Life – Getting Out of Your Comfort Zone
- Lesson 10 – A Satisfied Life – Harness Your Ability to Learn, Read & Obtain Knowledge
- Lesson 11 – A Satisfied Life – The Perpetual Learner
- Lesson 12 – A Satisfied Life – The Questioner

### BE YOURSELF: GIVE YOURSELF PERMISSION TO BE YOU

- Lesson 13 – Be Yourself – Be Honest with Yourself
- Lesson 14 – Be Yourself – Joy & Happiness
- Lesson 15 – Be Yourself – Inner-Peace / Outer-Peace
- Lesson 16 – Be Yourself – The Journey Is the Reward

## UNIT 2 – STRATEGIC PLANNING

**Unit 2 - Essential Question:** Why is it important to have a written strategy for our passions, goals and dreams?

**Learning Objectives:**

1. Understand how planning for the future and visualizing your goals sets you up for success.
2. Understand how writing simple short and long-term vision statements keeps you focused on a tangible goal.
3. Learn to evaluate new opportunities and determine if they align with your goals and passions.

### WHERE ARE YOU HEADED: BUILDING A ROADMAP

- Lesson 17 – Where Are You Headed – What’s Holding Your Attention?
- Lesson 18 – Where Are You Headed – Define Your Identity
- Lesson 19 – Where Are You Headed – What Makes You Tick?
- Lesson 20 – Where Are You Headed – What Is Your Passion & Design?

### ARE YOU UNIQUE: A STRATEGY FOR LIFE

- Lesson 21 – Are You Unique – Does It Pay to Be Different?
- Lesson 22 – Are You Unique – When Good Isn’t Enough
- Lesson 23 – Are You Unique – Stay True, Be You



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## OPPORTUNITY: ATTRACTING THE RIGHT OPPORTUNITIES

- Lesson 24 – Opportunity – Move by Vision, Not by Need
- Lesson 25 – Opportunity – Challenge + Change = Opportunity
- Lesson 26 – Opportunity – Don't Force It, The Opportunities Will Come

## DREAMING: DREAMS WORTH PURSUING – THE CYCLE

- Lesson 27 – Dreaming – Learning How to Dream
- Lesson 28 – Dreaming – Creation
- Lesson 29 – Dreaming – Reinventing the Dream
- Lesson 30 – Dreaming – Persistence

## UNIT 3 – HAPPINESS vs. SUCCESS

**Unit 3 - Essential Question:** Why is it more important to pursue what makes you happy and passionate rather than a higher paycheck or better social status?

### Learning Objectives:

1. Analyze what type of success truly matters in life and what it means to find the job that best fits who you are.
2. Understand the different types of people in the world, common problems they face and how to learn from their achievements.
3. Evaluate the power of lifelong learning and it becomes the driving force to financial and career success.

## MAP YOUR FUTURE: HEALTHY SUCCESS & A FULFILLING CAREER

- Lesson 31 – Map Your Future – Living Out Your Destiny
- Lesson 32 – Map Your Future – Creating Healthy Success
- Lesson 33 – Map Your Future – What We Truly Desire
- Lesson 34 – Map Your Future – It's Not About the Money

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

- Lesson 35 – People & Problems – Types of People
- Lesson 36 – People & Problems – You Choose
- Lesson 37 – People & Problems – Types of Problems

## FOCUS & SUCCESS: THE FOUR PILLARS OF FOCUS & SUCCESS

- Lesson 38 – Focus & Success – Four Pillars of Focus
- Lesson 39 – Focus & Success – Four Pillars of Success

## FROM LEARNING TO EARNING: HOW LEARNING AFFECTS OUR EARNING

- Lesson 40 – From Learning to Earning – Learn How to Learn
- Lesson 41 – From Learning to Earning – Learn How to Earn
- Lesson 42 – From Learning to Earning – Meaning > Money
- Lesson 43 – From Learning to Earning – From Purpose to Profession

## UNIT 4 – SELF-ESTEEM

**Unit 4 - Essential Question:** Why is it important to embrace yourself, understand your limits, have self-esteem and speak up about what you need?

### Learning Objectives:

1. Learn how to see value in yourself and others and what to do when you disagree.
2. Analyze what's in your control (and what isn't) and manage your reactions when things don't go as planned.
3. Evaluate situations where you've been burned or been let down by others and learn to move forward through forgiveness and reconciliation.

## VALUE: THERE'S GOOD IN EVERYONE

- Lesson 44 – Value – See the Value in Yourself
- Lesson 45 – Value – Appreciate the Value in Others
- Lesson 46 – Value – Stop Expecting, Start Appreciating



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## WHO'S IN CONTROL: TAKING RESPONSIBILITY

Lesson 47 – Who's in Control – What's in Your Hands?

Lesson 48 – Who's in Control – Who You Are & Who You're Not

Lesson 49 – Who's in Control – Time Is Ticking

## NEEDS & LIMITS: COMMUNICATING NEEDS & OVERCOMING LIMITATIONS

Lesson 50 – Needs & Limits – We All Have Needs

Lesson 51 – Needs & Limits – Don't Fault People's Limitations

Lesson 52 – Needs & Limits – Living in Denial

## DON'T STAY SILENT: SPEAK OUT!

Lesson 53 – Don't Stay Silent – Against the Grain

Lesson 54 – Don't Stay Silent – Limits Are Meant to Be Broken

Lesson 55 – Don't Stay Silent – Be Vocal About Your Direction

## UNIT 5 – COMPLETE HEALTH

**Unit 5 - Essential Question:** What are the four key areas of complete health and how can you improve these areas in your life?

### Learning Objectives:

1. Understand how to maintain a positive mental attitude and learn how to shift your perspective when facing challenges
2. Understand the power of challenging yourself physically to gain more energy in life.
3. Evaluate how stress and loss effects your emotional health.

## MENTAL HEALTH: WHAT IS MENTAL HEALTH?

Lesson 56 – Mental Health – Break It Down

Lesson 57 – Mental Health – Shifting Your Perspective

## PHYSICAL HEALTH: HARNESSING YOUR PHYSICAL ENERGY

Lesson 58 – Physical Health – Challenge Yourself

Lesson 59 – Physical Health – A Change in Pace Leads to A Change in Production

Lesson 60 – Physical Health – We Are What We Consume

## SOCIAL/EMOTIONAL HEALTH: FINDING THE BALANCE WITHIN

Lesson 61 – Social/Emotional Health – Human Boundaries

Lesson 62 – Social/Emotional Health – Emotional Pain, Loss & Stress

Lesson 63 – Social/Emotional Health – The Daily Forgiveness, Thankfulness & Confidence Exercise

## GROWTH MINDSET: HEALTHY DISCIPLINES SHOULD LEAD TO GROWTH

Lesson 64 – Growth Mindset – Assess Your Budget

Lesson 65 – Growth Mindset – The Decision-Making Chart

Lesson 66 – Growth Mindset – Daily Disciplines

## UNIT 6 - RELATIONSHIPS

**Unit 6 - Essential Question:** How do relationships impact your future, health, success, career and family?

### Learning Objectives:

1. Understand the importance of creating relationships and setting boundaries.
2. Evaluate how the groups you associate with affect your safety, behavior and sense of belonging.
3. Understand the power of trust and loyalty and how they are the key to unlocking a deeper level of connection with others.

## RELATIONSHIPS: CAPITALIZE ON YOUR RELATIONSHIPS

Lesson 67 – Relationships – Our Most Essential Need

Lesson 68 – Relationships – Opening Doors of Opportunity

Lesson 69 – Relationships – The Power of Connection

Lesson 70 – Relationships – Setting Realistic Boundaries



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## BELONGING: HOW DO YOUR SOCIAL GROUPS AFFECT YOU?

Lesson 71 – Belonging – Get the Support You Need

Lesson 72 – Belonging – Find Your Tribe

Lesson 73 – Belonging – Acceptance = Freedom

Lesson 74 – Belonging – The Power of Love

## VULNERABILITY: SHOULD VULNERABILITY BE SCARY?

Lesson 75 – Vulnerability – Overcoming Confrontation

Lesson 76 – Vulnerability – Loyalty & Trust Lead to Vulnerability

Lesson 77 – Vulnerability – The Five Minute Connect

## SAFETY: FIND & CREATE SAFETY IN YOUR RELATIONSHIPS

Lesson 78 – Safety – Finding Safety

Lesson 79 – Safety – A Safety Net for Others

Lesson 80 – Safety – Positive Speaking & Reflective Writing

