

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



PERSONAL DEVELOPMENT

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



PERSONAL DEVELOPMENT

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

