

## **UNLOCK YOUR PURPOSE**

### **CONTENT OUTLINE SCOPE AND SEQUENCE**

## **UNIT 1 – HAPPINESS vs. SUCCESS**

### **MAP YOUR FUTURE**

- Living Out Your Destiny
- Creating Healthy Success
- What We Truly Desire
- It's Not About the Money
- Take the First Step

### **PEOPLE AND PROBLEMS**

- Types of People
- You Choose
- Types of Problems
- Your Purpose Dictates Everything
- Decide Who You Want to Be

### **FOCUS AND SUCCESS**

- Four Pillars of Focus
- Four Pillars of Success
- Defining Success
- Setting Goals: First Step to Success
- The Importance of Planning

### **FROM LEARNING TO EARNING**

- Learn How to Learn
- Learn How to Earn
- Meaning > Money
- From Purpose to Profession
- Changing Your Mindset About Money

## **UNIT 2 – MAKING A DIFFERENCE**

### **GIVING IS GETTING**

- An Uncharted Principle
- Giving Back or Just Giving?
- The Giving Experience
- Is There a Higher Purpose?
- Why Farmers Win?

### **REASONABLE RESPONSE**

- Wealth & Power
- The Dead Sea or Niagara Falls
- Gratitude
- Hope in Hopelessness
- Helping Those in Need

### **MAKE A DIFFERENCE**

- What Does it Take to Make a Difference?
- Being a Positive Influence on Others
- The Simple Gift of Life
- Investing into Your Community
- Embrace a Different Lifestyle

### **BE THE CHANGE**

- Is There More to Life?
- Is Doing Good Better than Being Great?

A Life Plan Can Help Build a Legacy  
Giving Beyond  
Thriving or Surviving

## UNIT 3 – THOUGHTS, WORDS AND SILENCE

### FRAME YOUR WORLD

Words Shape Thought  
Thoughts Shape Beliefs  
Belief Shape Actions  
Visualize Your World  
Choosing Between Two Realities

### POSITIVE AND NEGATIVE

The Effects of Negativity  
Turn Negativity into Positivity  
Positivity Exercise  
Reshape Our Worlds  
The Importance of Rest

### SILENCE AND QUESTIONS

The Importance of Silence  
Questions First Please  
Curiosity  
Filling the Void  
Ask More Questions

### WARPING REALITY

Limitless Design  
The Words Exercise  
Daily Affirmation Statement  
How Energy Affects Humans  
Breaking Through Our Hardships

## UNIT 4 - RELATIONSHIPS

### RELATIONSHIPS

Our Most Essential Need  
Opening Doors of Opportunity  
The Power of Connection  
Setting Realistic Boundaries  
Developing, Managing and Sustaining Your Relationships

### BELONGING

Get the Support You Need  
Find Your Tribe  
Acceptance = Freedom  
The Power of Love  
Find Where You Belong

### VULNERABILITY

Overcoming Confrontation  
Loyalty & Trust Lead to Vulnerability  
The Five-Minute Connect  
Excruciating Vulnerability  
How to Handle Shame

### SAFETY

Finding Safety  
A Safety Net for Others  
Positive Speaking & Reflective Writing  
Are Your Relationships Safe?  
Finding Safe Leaders