

THE MINDSET MASTERY SEL CURRICULUM

29 MODULES OVERVIEW

M0: Creating a Mindset Family Culture: *“How do we develop a class culture that fosters the development of a strong mindset and sense of family?” (15 Lessons)*

L1: Why is a powerful mindset the key to my success?

L2: What mindset skills will I learn that will take me to the next level?

L3: Why do I need other people to be happy and successful?

L4: How can empathy & compassion help unleash my full potential?

L5: How has our journey empowered us?

L6: What makes a great team?

L7: How can active listening make me more influential?

L8: How can creeds and affirmations make us an unstoppable team?

L9: How can we commit to team success?

L10: How do effective teams communicate?

L11: How do successful people resolve conflict?

L12: How does meditation give my brain supernatural powers?

L13: How do geniuses stay organized and focused?

L14: How do geniuses take notes?

L15: How do geniuses study to get straight As?

Essential Mindset Principles Modules 1-7 (32 lessons)	Social & Emotional Learning Mastery Modules 8-14 (44 lessons)	The Secret to Goal Achievement Modules 15-21 (32 lessons)	Resilience & Confident Leadership Modules 22-28 (37 lessons)
M1: Rewriting my story: <i>“How can I rewrite my story and adopt empowering beliefs?” (4 lessons)</i>	M8: Self-awareness: <i>“Who am I, what am I feeling, and why does that matter?” (8 lessons)</i>	M15: SMARTER Goal Setting: <i>“How can I set and achieve life-changing goals that motivate me?” (6 lessons)</i>	M22: Thriving During Challenging Times: <i>“How can I build resilience and bounce back from the toughest of times?” (6 lessons)</i>
M2: Personal Power: <i>“Why is taking responsibility my greatest superpower?” (4 lessons)</i>	M9: Self-management: <i>“How can I manage my emotions in the most productive way?” (8 lessons)</i>	M16: Hard Work Beats Talent Any Day: <i>“Why does work ethic beat talent and how can I strengthen my work ethic?” (4 lessons)</i>	M23: The Time Illusion: <i>“How can I stretch time and accomplish more?” (5 lessons)</i>
M3: The Genius Secret: <i>“Are geniuses born or made and how can the Growth Mindset unleash my inner genius?” (5 lessons)</i>	M10: Social Awareness: <i>“Why should I care about what others feel and how can I build more empathy?” (7 lessons)</i>	M17: Success on Autopilot: <i>“How can I create new empowering and enduring habits quickly?” (4 lessons)</i>	M24: Your Network is Your Net Worth: <i>“Why does who you know really matter in life?” (5 lessons)</i>
M4: The Success Blueprint: <i>“What is the formula for success and how can I apply it to achieve my goals and dreams?” (4 lessons)</i>	M11: Relationship Mastery: <i>“How can I build and strengthen my relationships?” (8 lessons)</i>	M18: Turning Fear into Power: <i>“How can I turn fear into excitement?” (4 lessons)</i>	M25: Self-Compassion: <i>“How can self-compassion defeat my inner critic and propel me further?” (4 lessons)</i>
M5: Making Positive Thinking Easier: <i>“How can I boost my energy and mood daily to make positive thinking easier?” (5 lessons)</i>	M12: Responsible Decision-Making: <i>“How can I consistently make better decisions that will take me to the next level?” (5 lessons)</i>	M19: Stress Management: <i>“How can I turn stress into fuel?” (5 lessons)</i>	M26: Fake It Till You Make It: <i>“How can the science of confidence and self-esteem make me unstoppable?” (5 lessons)</i>
M6: Living with Purpose: <i>“Why does a purpose-driven life lead to joy, success, and a healthy well-being?” (6 Lessons)</i>	M13: The Happiness Advantage: <i>“What is happiness and how can I create happiness on demand?” (5 lessons)</i>	M20: From Procrastination to Motivation: <i>“How can I eliminate procrastination and develop motivating self-discipline? (4 lessons)</i>	M27: Leadership Excellence: <i>“How can I make a difference in my community as a leader?” (6 lessons)</i>
M7: Dream Design: <i>“How do successful people use visualization to achieve their goals?” (4 Lessons)</i>	M14: How to Believe in Yourself: <i>“How can I strengthen my self-esteem and be happy with who I am?: (3 lessons)</i>	M21: How to Never Give Up: <i>“How grit help me persist through challenges to achieve important long-term life goals?” (5 lessons)</i>	M28: Legacy Talk Project: <i>“How do I plan to meet my goals, serve others, and grow into the best version of myself?” (6 lessons)</i>