## 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?

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?

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?

L5: How has our journey empowered us?	L10: How do effective teams communicate? L15: How do geni		niuses 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: "How can I rewrite my story and adopt empowering beliefs?" (4 lessons)	M8: Self-awareness: "Who am I, what am I feeling, and why does that matter?" (8 lessons)	M15: SMARTER Goal Setting: "How can I set and achieve life-changing goals that motivate me?" (6 lessons)	M22: Thriving During Challenging Times: "How can I build resilience and bounce back from the toughest of times?" (6 lessons)	
M2: Personal Power: "Why is taking responsibility my greatest superpower?" (4 lessons)	M9: Self-management: "How can I manage my emotions in the most productive way?" (8 lessons)	M16: Hard Work Beats Talent Any Day: "Why does work ethic beat talent and how can I strengthen my work ethic?" (4 lessons)	M23: The Time Illusion: "How can I stretch time and accomplish more?" (5 lessons)	
M3: The Genius Secret: "Are geniuses born or made and how can the Growth Mindset unleash my inner genius?" (5 lessons)	M10: Social Awareness: "Why should I care about what others feel and how can I build more empathy?" (7 lessons)	M17: Success on Autopilot: "How can I create new empowering and enduring habits quickly?" (4 lessons)	M24: Your Network is Your Net Worth: "Why does who you know really matter in life?" (5 lessons)	
M4: The Success Blueprint: "What is the formula for success and how can I apply it to achieve my goals and dreams?" (4 lessons)	M11: Relationship Mastery: "How can I build and strengthen my relationships?" (8 lessons)	M18: Turning Fear into Power: "How can I turn fear into excitement?" (4 lessons)	M25: Self-Compassion: "How can self-compassion defeat my inner critic and propel me further?" (4 lessons)	
M5: Making Positive Thinking Easier: "How can I boost my energy and mood daily to make positive thinking easier?" (5 lessons)	M12: Responsible Decision-Making: "How can I consistently make better decisions that will take me to the next level?" (5 lessons)	M19: Stress Management: "How can I turn stress into fuel?" (5 lessons)	M26: Fake It Till You Make It: "How can the science of confidence and self-esteem make me unstoppable?" (5 lessons)	
<b>M6: Living with Purpose:</b> "Why does a purpose-driven life lead to joy, success, and a healthy well-being?" (6 Lessons)	M13: The Happiness Advantage: "What is happiness and how can I create happiness on demand?" (5 lessons)	M20: From Procrastination to Motivation: "How can I eliminate procrastination and develop motivating self-discipline? (4 lessons)	M27: Leadership Excellence: "How can I make a difference in my community as a leader?" (6 lessons)	
M7: Dream Design: "How do successful people use visualization to achieve their goals?" (4 Lessons)	M14: How to Believe in Yourself: "How can I strengthen my self-esteem and be happy with who I am?: (3 lessons)	M21: How to Never Give Up: "How grit help me persist through challenges to achieve important long-term life goals?" (5 lessons)	M28: Legacy Talk Project: "How do I plan to meet my goals, serve others, and grow into the best version of myself?" (6 lessons)	

