
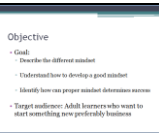






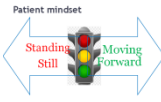




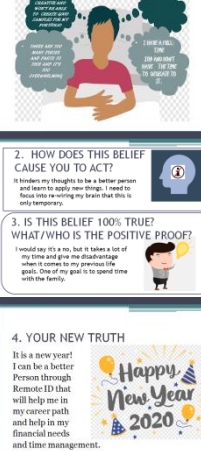


Introductions

Facilitator

Guide: Icon	Description of activity	Time Allocation
	<p>What are your expectations?</p> <p>Have the participants write their expectations for this course. Display the most common expectation on the screen. At the end of the session, check the participant's expectations have been met.</p>	20 Minutes
	<p>Ground Rules</p> <p>Read the objectives.</p>	2 Minutes
	<p>Ice breaker: Show a 2 minute video clip about Lost Generation</p> <p>Purpose – To explore how the mindset we choose to adopt shapes our future. Process – Have the participants watch the video clip and have group discussion on what they found about the video and share their insight with the group. Talk about how the future changes and end with the prompt “What happens when we change our mindset?”.</p>	15 minutes
	<p>Say “Creating a calm mindset and setting a good environment in your head is the key to self trust.”</p> <p> There would be days where you can't finish the goals in time, change your short term goals and have hiccups on the way. Always evaluate, if you are doing things to get near your goal or away from your goal and end it with a positive comment about yourself.</p> <p> Never ever talk about your goals to people who are dream smashers and naysayers. Think about the individuals who surround you. Do they support you? Do you really want them in your life?</p> <p> When evaluating your goals you have to speak to yourself nicely by saying positive comments. “That's OK. It was just a small slipup,” or “Yes, that was a big mistake, but I'll learn from it, and I love myself anyway.”</p>	5 minutes
	<p>Knowing what you want and willingness to reach it are two different things. When you know your goals, they motivate you. Remember, if it doesn't challenge you, it won't change you. Set high goals and don't stop until you reach them. Ask: What is your goal? Where are you at in attaining your goal?</p>	5 Minutes

	<p>There's a fine line between moving forward and standing still. The most successful people do all they can to move forward, but they also have the patience to wait and watch. Those who are impatient tend to lose out on great opportunities. Sometimes you have to wait for the right thing.</p> <p>Ask: Do you set a specific deadline or do you wait for the change to happen?</p>	<p>5 Minutes</p>
	<p>Doing anything great requires courage, but fear always has a way of showing up. Courage does not mean being unafraid; having courage and showing courage means facing your fears, saying "I am scared and I am moving forward anyway." Courage is like a muscle you can strengthen with use.</p> <p>Ask: When was the last time you felt scared but you jumped a leap of faith anyway?</p>	<p>5 Minutes</p>
	<p>One of the worst setbacks that can happen is losing focus and allowing procrastination to step in. Important as it is, it's difficult to be focused and disciplined. The best way is to stay in the here and now and to concentrate on everything going on in this particular moment - now. Distraction wastes time, and procrastination keeps you from moving forward. Discipline is the bridge between goals and accomplishment, and a mindset of focus builds that bridge.</p> <p>Ask: What is your best way to keep your self-discipline?</p>	<p>5 Minutes</p>
	<p>Choosing to be positive and having a good attitude will determine a lot about your life. If you set your mind to positivity it can go a long way. Be positive, not passive. Instead of giving yourself reasons why you can't or shouldn't, give yourself reasons why you can and permission to go for it. Happiness doesn't come from circumstances but always from within.</p> <p>Activity:</p> <p>Purpose: To evaluate their positive mindset and improve the keywords for positivity.</p> <p>Process: Write it on the board, have the participants change the sentence to show positivity.</p> <ol style="list-style-type: none"> 1. I don't have enough energy to finish this right now. 2. Can't work on this, I'm too busy. 3. This course is too expensive to take. <p>There is no right or wrong answer; we are only testing their ability to change their perception of things positively.</p>	<p>15 Minutes</p>

 <p>Learning mindset</p> <ul style="list-style-type: none"> • Learn from your struggles • Be determined • Change your life radically 	<p>Just because you are struggling, that doesn't mean you're not learning. Every failure has something to teach you, and everything you learn helps you grow. If you are unwilling to learn, no one can help you; if you are determined to learn, no one can stop you.</p> <p>Every great success comes to those who work hard and struggle to pursue their goals and dreams they believe in. To radically change your life, you have to change yourself. Start building your new mindset today--think the thoughts that will help you move toward your goals right now.</p>	<p>5 minutes</p>
 <p>Activity: Belief top 3</p> <p>1. HOW DOES THIS BELIEF CAUSE YOU TO ACT?</p> <p>2. IS THIS BELIEF 100% TRUE? WHAT/WHO IS THE POSITIVE PROOF?</p> <p>3. YOUR NEW TRUTH</p>	<p>Activity:</p> <p>Have the participant's think of 4 things hindering them in continuing their goals in life. Group them into 4 and come up with their common road blocks. Have them discuss it with the rest of the participants and answer the following questions.</p> <ol style="list-style-type: none"> 1. How does this belief cause you to act? 2. Is this Belief 100% true? What/Who is the positive proof? 3. Your new truth? 	<p>15 minutes</p>
<p>TOTAL TIME</p>		<p>1 hour and 37 minutes</p>