

Discovering My Purpose – Class Overview

The Discovering My Purpose process can be encapsulated as follows:

- 1) We invite **students to get to know themselves.** (Lessons 1 – 10)
- 2) We help **students develop greater self-control.** (Lessons 1 – 9)
- 3) We encourage **students to dream big.** (Lessons 2 & 6 – 10)
- 4) We help **students turn dreams into success.** (Lessons 9 & 10 plus post-program online conversation)

All Classes follow the general format as listed below. Type of meditation is different every lesson.

General Lesson Structure – all items repeated in every lesson

- Class Guidelines reminder (Be kind, Be real, Create a safe space)
- Review/What did we cover last lesson?
- Observing Your Brain/Class Sharing
- Meditation
- New Content
- Connecting the Dots – How does what we learned today tie to purpose?
- Home Play

Lesson 1 - Introduction

- Introduction & Class Guidelines
- Extrinsic vs Intrinsic Motivation
- Power of Purpose
- Intro to Neuroplasticity
- Shapes Exercise – Kids on the Bus
- Activity: Cheetos Brain Fun

Lesson 2 – Mindset and The Power of Meditation

- The Power of Mindfulness & Meditation
- Fixed Mindset/Growth Mindset
- Growth Mindset Exercise
- Meditation: Three part breath
- Activity: Meditation in a Bottle

Lesson 3 – Understanding Your Brain

- Our Three-Part Brain
- Introduction to the Rider and Elephant
- Failed Goals and the Role of the Elephant
- Controlling our Elephant

- Brain vs. Mind Exercise
- Meditation: Four count breath
- Activity: Growth Mindset UNO card game

Lesson 4 – Strengthening Your Mind

- Deceptive Brain Messages (DBMs)
- How we think determines who we are
- DBM Exercise
- You are An All-Star Exercise
- Meditation: Peace Begins with Me
- Activity: Neuron Telephone Game

Lesson 5 – Training Your Elephant

- Breaking Negative Self-Talk Cycle
- Drawing Back the Curtain Exercise
- Top Strengths
- Meditation: Loving Kindness Meditation
- Activity: Survivor Strengths

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Lesson 6 – Positive Past and Fantastic Future

- Positive Past Exercise
- Positive Past Conversation
- Visualization
- Fantastic Future Exercise
- Fantastic Future Conversation
- Self-Esteem – Dependent vs. Independent
- Meditation: Mindful Pause
- Activity: Operation Egg Drop

Lesson 7 – Power of Failure

- Defining Success
- Spell of Anonymity – Exercise
- Spell of Anonymity - Conversation
- Purpose – Noble vs. Heroic
- Making Your Own Luck
- The Importance of Failure
- Meditation: “I am calm”
- Activity: Vision Boards

Lesson 8 – Be The Change

- Creating a Victory Board
- Social Justice – Brainstorming
- Be the Change Exercise
- Be the Change Conversation
- Resilience and Perseverance
- Testimonial Letter from Future You – Exercise
- Putting the Pieces Together
- Meditation: 5 Senses
- Activity: The Spaghetti Problem

Lesson 9 – Purpose & Grounded Commitment

- Growth from Adversity/Cognitive Reframing
- Definition of Happiness
- Power of Purpose
- Lure of Nihilism
- Understanding Power of Goals
- Grounded Commitment Practice
- Grounded Commitment Exercise
- Meditation: Gratitude
- Activity: Buddied Up Goal Setting

Lesson 10 – Authentic Action and Wrap Up

- Defining Your Authentic Life
- Your Path to Purpose
- The Power of Mentoring
- Kaizen Action
- Authentic Action – Practice
- Authentic Action Exercise
- Making Change Stick
- Meditation: Body Scan
- Activity: Certificate of Completion Ceremony