

Discovering My Purpose – Semester-Long Class Overview

All Classes follow the general format as listed below. Meditation style and content is different every lesson.

General Lesson Structure – all items repeated in every lesson, with the exception of “new content”

- 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 for this lesson
- 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
- Cheetos Brain Exercise

Lesson 2 – Mindset and The Power of Meditation

- The Power of Mindfulness & Meditation
- Fixed Mindset/Growth Mindset
- Growth Mindset Exercise

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

Lesson 4 – Strengthening Your Mind

- Deceptive Brain Messages (DBMs)
- How we think determines who we are
- DBM Exercise
- You are An All-Star Exercise

Lesson 5 – Training Your Elephant

- Breaking Negative Self-Talk Cycle
- Drawing Back the Curtain Exercise

Lesson 6 – Review and Top Strengths

- Top Strengths – how did that go?
- Review Content/Exam Prep

Lesson 7 – Review and Positive Past

- Review Content/Exam Prep
- Positive Past Exercise
- Positive Past Conversation

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Lesson 8 – Exam and Fantastic Future

- Visualization
- Fantastic Future Exercise
- Fantastic Future Conversation
- Self-Esteem – Dependent vs. Independent

Lesson 9 – The Power of Failure and Make Your Own Luck

- Spell of Anonymity – Exercise
- Spell of Anonymity - Conversation
- Purpose – Noble vs. Heroic
- Making Your Own Luck
- The Importance of Failure
- The Spaghetti Problem – Exercise

Lesson 10 – Be The Change

- Social Justice – Brainstorming
- Be the Change Exercise
- Be the Change Conversation
- Resilience and Perseverance
- Testimonial Letter from Future You – Exercise
- Testimonial Letter – Conversation
- Putting the Pieces Together

Lesson 11 – 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
- The Power of Mentoring

Lesson 12 – Authentic Action and Wrap Up

- Defining Your Authentic Life
- Your Path to Purpose
- Kaizen Action
- Authentic Action – Practice
- Authentic Action Exercise
- Making Change Stick
- Certificate of Completion Overview

Lesson 13 – In Closing and Celebration

- Certificate of Completion Ceremony
- Celebrating our Success
- Class Chosen Fun Activity
- Conclusion