



AGENDA: 9-Week Program

Block 1 - Current Reality (Now)

Week 1 Topics

- *Course Introduction*
- *Block 1 Overview*
- *Your Ecosystem*

Week 2 Topics

- *Beliefs*
- *Blind Spots*
- *Reticular Activation System (RAS)*
- *Attitudes*

Week 3 Topics

- *Values*
 - *How the Mind Works*
 - *VIA Character Strengths: Overview*
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Block 2 - Ideal Self (Vision)

Week 4 Topics

- *Block 2 Overview*
- *Future Self*
- *Your Big Why*

Week 5 Topics

- *Future Self Along the Way*
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Block 3 - Fill the Gap (Generate Energy)

Week 6 Topics

- *Block 3 Overview*
- *The Power of Self-Talk*
- *Cancel That Order!*
- *The Power of Choice*
- *The Three Choices in Every Situation*

Week 7 Topics

- *Habits and Patterns*
 - *VIA Character Strengths: Deep Dive*
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Block 4 - Ideal Self (Vision)

Week 8 Topics

- *Block 4 Overview*
- *Goal Setting I: Finding Focus*

Week 9 Topics

- *Goal Setting II: Action Steps*
 - *Course Summary*
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