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## AGENDA - 9-Week Program

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### ***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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