

Lessons	TITLE: Sub-Title	Content	Main Standard
Lesson 1	VISION: Destiny Is NOT A Matter of CHANCE; It's A Matter of CHOICE!	Destiny is a choice. We need coaches. Create start/stop lists.	Goal Setting
Lesson 2	ACADEMICS: Your Today Is Tied To Your Tomorrow	Train the way you think. Plow through schoolwork.	Responsibility
Lesson 3	FRIENDS: Friends Are Like Buttons On An Elevator, They Will Take You Up Or Bring You Down	Friendship choices matter.	Character
Lesson 4	PEOPLE NOT LIKE YOU: The Elephant In The Room	Seek to understand people not like you and find out their stories.	Empathy
Lesson 5	FEAR: Fear Can Be Fatal For Your Future	Do not let fear paralyze you; defang it!	Grit
Lesson 6	HOPES & DREAMS: Your Now Affects Your Later	You are building your life. What are you aiming for? Next steps.	Goal Setting
Lesson 7	OWN YOUR CHOICES: HALT When Hungry, Angry, Lonely, or Tired	Poor or no decisions are made when hungry, angry, lonely, and/or tired.	Stress Management
Lesson 8	NEXT STEPS: Academic Root Structure	What is important to you? Love to learn. Trust the process.	Responsibility
Lesson 9	LIVING UNDER AUTHORITY: The Umbrella of Protection	See authority/parents as a means of protection, like an umbrella.	Respect
Lesson 10	FORGIVENESS: Build Bridges, Not Fences	What forgiveness is and what it is not.	Conflict Resolution
Lesson 11	ACADEMIC SUCCESS: Work Hard & Work Smart	Work hard and smart. Know how you learn best. Different does not mean deficient.	Responsibility
Lesson 12	THE ART OF AN APOLOGY: Sincerity	No one is exempt from missteps or mistakes. Learn to apologize.	Social Skills
Lesson 13	MAKE PROGRESS: Steer Clear Of Someday Island	Refuse to quit. Someday Island. Self-discipline challenge.	Grit
Lesson 14	CONQUER PROCRASTINATION: The Thief Of Time	Beware of instant gratification and failure to start. 5-minute starting ritual.	Problem Solving
Lesson 15	WHAT DO YOU WANT MOST? Give It Away First	What do you want most? Give it away first!	Respect
Lesson 16	STINKIN' THINKIN': Thoughts & Beliefs On Trial	15 thoughts and beliefs that lead to untrue conclusions. Our minds do not always get it right.	Critical Thinking
Lesson 17	PARENT YOURSELF: The 5 Second Rule	School: Each grade builds on the previous one. 5 suggestions if you are behind.	Problem Solving
Lesson 18	RELENTLESS CHATTERBOX: Squashing ANTs	Squash Automatic Negative Thoughts. Do not let them hold you hostage.	Self-Awareness
Lesson 19	BLUE-ON-BLUE: Friendly Fire	Friend choices can wound you. You mirror those you surround yourself with.	Character
Lesson 20	FOLLOW ME: Heroically Act	If you can help others, do so.	Citizenship
Lesson 21	CREATE YOUR FUTURE: Preparation & Consistency	Surround yourself with a team that prepares and is consistent. Next steps.	Responsibility
Lesson 22	THE 1% ACADEMIC CHALLENGE: Go for Gold	The 1% Academic Improvement Challenge.	Goal Setting
Lesson 23	REFUSE TO HATE: Love in Action	Refuse to hate. Seek nonviolent social change.	Conflict Resolution
Lesson 24	CELEBRATE WINS: Treasure Today	Do not be blind; recognize wins each day, even small ones.	Grit
Lesson 25	TAKING INVENTORY: The Top Seven	Taking inventory. What 7 character traits do you want to define you?	Character