



### LEVEL I: SPECIFIC Goals

Figuring out individual personal goals and behavior, this level helps participants achieve goals by feeling worthy of their journey and understanding that each obstacle equals growth. Emotions are cultivated through meditation practice including breathing techniques in order to improve attitude and communication. Helping participants let go of fear through mind, body, and spirit helps them identify their specific goal and process and prevents self-sabotage.

- **Session #1: Perspective Cognitive Recognition (Described Growth Mindset)**
  - Memory Reflex Activities
  - Input Information (Technique) vs. Output Behavior (Attitude)
- **Skills Challenge**
- **Session #2: Precise Training (Explained & Committed Application)**
  - Technique Preparation
  - Instructional Design
  - Transformative Design
  - Training Motivation
- **Session #3: Clear Cut Reasoning (Predictive Behavior Overcoming Fear)**
  - Fear of Failure
  - Overcoming Anxiety & Panic Attacks
  - Integrated Theory
- **Live Play**
- **Session #4: Concrete Direction (Controlled Undistracted Work)**
  - Improving Learning Techniques
  - Mastering the Craft



### LEVEL II: MEASURABLE Goal Course

Aligning specific goals with measurable outcomes by creating accurate and efficient understanding, participants are provided with specific instruction and taught how to use critical thinking and analytics to reach their goals. This includes learning how to lead when feeling afraid, having wisdom through rest, and how to develop and maintain consistency.

- **Session #1: Measurable Goals**
  - Calculated Motivation
  - Mission Impossible Activities
  - Driving Self-Motivation
  - Introduction To The Possible
- **Skills Challenge**
- **Session #2: Geometric Points, Lines, & Angles**
  - Offensive Positioning
  - Defensive Positioning
  - Live Play & Communication
- **Live Play**
- **Session #3: Analytical Comprehension**
  - Floor Spacing
  - Offensive & Defensive Spacing



### LEVEL III: ATTAINABLE Goal Course

Creating a sense of purpose, participants discover their goals through inspiration and follow through. By making continuous progress, participants begin seeing their dreams as a possibility. Obstacles and barriers become knocked down as each participant experiences a fuller relationship with their moment of opportunity.

- **Station #1: Map Out and Commitment (Sense of Purpose)**
  - Cognitive Recognition / Positive Reinforcement Activity
  - Work Ethic Recognition
  - Measurement of Loyalty
  
- **Session #2: Breaking Down Long Term Personal Goals (Discovery)**
  - Affective Reactions
  - Measurement of Importance
  
- **Live Play**
  
- **Session #3: Technical Performance**
  - Task Measurement
  - Meaningful Change / Training Effectiveness



### LEVEL IV: REALISTIC Goal Course

Helping participants think forward and become proactive in their actions, this course involves extraverted progression of surrounding conditions, and introverted progression of a participants ego.

- **Session #1: Goal Setting Principles (Think)**
  - Skill Training
  - Transformational Leadership
  - Maximum Performance
- **Skills Challenge**
- **Session #2: Maximum Achievement**
  - Building Self-Confidence
  - Aligning Intelligent Learning
  - Overcoming Obstacles
- **Live Play**
- **Session #3: Self-Awareness & Direction (React)**
  - Journal Development
  - Self-Reflection Activities
  - Mindfulness Habits
- **Session #4: Critical Thinking and Collaborative Reasoning (Interact)**
  - Theory to Practice
  - Reasoned Argumentation
  - Educational Strategies



### LEVEL V: TIMELY Goal Course

Directs participants on time management planning and control. Helps participants work through and manage procrastination while developing self-control by balancing time and energy.

- **Session #1: Managing Task Worthy Time**
  - Developing Task Lists
  - Identifying Importance
  - Assessing Values
  - Flexibility & Adaptability
  
- **Session #2: One-Minute Struggle**
  - Perception of Obstacles
  - Radical Acceptance
  - Emotional Acceptance
  - Meaningful Acceptance
  - Sub-Goal Seconds
  
- **Session #3: Fear of Failure**
  - Stopping Predictability
  - Becoming an Expert
  - Moving Forward
  
- **Session #4: Forgiveness**
  - Developing Team
  - Enhancing Individual Leadership
  - Empowerment