

# Adventures in Wisdom®

## Life Coaching Program for Kids Curriculum



### Skill Books and Stories!



#### MindPower™

01. How your mind shapes your world - Conscious/subconscious & beliefs
02. Creating possibilities - Beliefs/Comfort Zone/big big dreams
03. Neural pathways – Brain patterns (empowering/limiting)
04. Reticular Activating System (RAS) to achieve your goals
05. Power Shifting™ to choose your experience

**Who's Flying Your Plane?**  
**Power of Possibility**  
**Your Pathway to Success**  
**Your Radar for Success**  
**Power Goggles®**



#### InnerPower™

06. Self-responsibility – If it is to be it is up to me!
07. Integrity – What you choose when no one is looking
08. Respect – Gold hearts to others
09. Self-respect – Gold hearts to me!
10. Making Decisions – 4 C's of Decision Making
11. Peer Pressure – 5 types and how to say No!

**Victim Victor Finds His Power**  
**No One Will Know Nelson**  
**Make Your Mark with the Golden Rule**  
**My "Mark" on Me**  
**Charlie Chooses Charlie**  
**Copycat Cathy**



#### MePower™

12. Self-esteem – I love me!
13. Honor Your Uniqueness
14. Self-confidence – I believe in me!
15. Self-talk
16. Self-coaching

**Yucky Me Yahoo Me!**  
**The Sun, The Wind, and The Rain**  
**Canville and Cantville – A Tale of Two Towns**  
**Choosing Your BFF (Best Friend Forever)**  
**Migration Frustration**



#### DreamPower™

17. Vision – What do you want?
18. Goal Setting – Turn vision into action
19. Law of Attraction – What you think about you bring about
20. Visualization – Winning in mind creates winning in life
21. Affirmations – Program your mind for success
22. Gratitude

**A Tale of Two Voyages**  
**I Wanna Donna**  
**Turning Off the Grungy Channel**  
**I Hope Holly Helps Herself**  
**It Ain't Happenin' Harry Learns Affirmations**  
**Gotta Have Gary Gets Gratitude**



#### Slaying Dragons™

23. Mistakes – 5 I's for Managing Mistakes
24. Fear – 5 Steps for Managing Fear
25. Failure – Put it in a Box !
26. Change - 3 Steps for Managing Change
27. Conditional Thinking

**The Weight of Mistakes**  
**The Knight and Three Dragons**  
**Afraid to Fail Fred**  
**Change in Paradise**  
**If Then Ben (Part 1 and Part 2)**



**Renaye Thornborrow**

