

Use Adventures in Wisdom to "Spot Coach" Kids Who Are Facing A Particular Challenge

	MindPower	InnerPower	MePower	DreamPower	Slaying Dragons
<p><i>Note: The MindPower segment lays the foundation for the Adventures in Wisdom program and teaches the core concepts behind mindset development. These concepts are referenced throughout the rest of the skill books.</i></p> <p><i>In this chart, we attempted to narrow each recommendation to just a handful of skills even though more skills will be relevant for the given topic area.</i></p>	1. Understanding belief systems 2. Creating possibilities 3. Understanding Neural Pathways 4. Using your brain's radar (RAS) 5. Powershifting for empowerment	6. Self-responsibility 7. Living a life of integrity 8. Choosing Respect 9. Creating Self-respect 10. Making good decisions 11. Standing up to peer pressure	12. Creating soaring self-esteem 13. Honoring Uniqueness 14. Creating Self-confidence 15. Choosing Self-talk 16. Self-coaching for daily mastery	17. Creating your vision 18. Achieving goals 19. Understanding the Law of Attraction 20. Using the power of Visualization 21. Using affirmations 22. Gratitude	23. Managing mistakes 24. Overcoming Fear 25. Moving past failure 26. Managing Change 27. Beating conditional thinking
Experiencing self-doubt/lacking confidence/in a slump	√	√	√	√	√
Experiencing yo-yo (up and down) self-esteem	√	√	√		√
Feeling shy or awkward	√		√		√
Feeling unworthy	√	√	√		√
Easily influenced by peers (peer pressure)		√	√	√	
Allowing others to take advantage of him		√	√	√	
Being bullied		√	√	√	
Bullying others		√	√	√	
Becoming sassy		√	√	√	
Lying/sneaking/cheating		√	√	√	
Being irresponsible	√	√	√	√	
Being disrespectful		√	√		√
Lacking self-respect		√	√	√	
Feeling like a victim or powerless	√	√	√	√	√
Experiencing cold feet/fear/nervousness	√	√	√	√	√
Feeling down/sadness/depressed		√	√	√	√
Experiencing anger/"life's not fair"	√	√	√	√	√
Feeling moody or grumpy		√	√	√	√
Being negative/having a "bad" attitude		√	√	√	√
Feeling "jinxed" or experiencing bad luck	√	√	√	√	√
Not achieving his goals	√	√	√	√	√
Drifting/lack of direction		√	√	√	√
Thinking he needs things/circumstances to be happy	√	√			√
Experiencing a change	√	√		√	√
Making a mistake		√	√	√	√
Experiencing disappointment or failure		√	√	√	√
Feeling shame/embarrassment		√	√	√	√