

CURRICULUM for MSM I:

MSM I: This first course of Motivation and Self Mastery outlines basic concepts of self determination through facilitated discussion of:

1. Perspectives, Viewpoints and Ways of Looking at Life

How is it that we come to think the way that we do, and see the world the way that we do? Where do our perspectives come from? And how is it that we respond through our behaviors and choices to situations based upon our thinking?

Our thoughts about our self and our possibilities today create our future, just as all of our thoughts from the past have created today. When we believe that we are not good enough, that we don't have opportunities, or we can't handle our situations (without alcohol, drugs or other forms of running away), we give away our personal power and we make bad choices. Until we consciously examine our belief systems and patterns of thinking and responding, we cannot get our power back to create the life that we want, a life that will truly honor and serve us.

This module works with the students to help them become critical thinkers about the viewpoints they imbibed from the past from family, friends, media and culture, as well as their patterns of behavioral responses to situations. The workbook section asks them specific questions about attitudes and behaviors around certain situations. This primes the pump, so to speak. Facilitated discussion further enables students to see where negative patterns of thinking trip them up and derail their abilities to navigate through life successfully.

Discussion ultimately culminates with a discussion of the possibility of actively and consciously choosing a new perspective, one that serves them *instead of working against them*. Possibility thinking and positive thinking are introduced as realistic, useful, and functioning perspectives from which to begin to craft a new way of approaching life and situations.

2. Patterns of behavior and thinking: CHOICEPOINTS

In this module, students are reminded of the power of choice, and that there are always more choices in a situation than we are aware of and that we must train ourselves to look for choices so that we may make the best

choice. This module further facilitates critical thinking about risk analysis, and making intelligent, well reasoned decisions. It also ties back to the perspective building skill sets of module one by examining choices about how we think about a given situation.

3. Discipline and Vision

This module discusses the four disciplines identified by F. Scott Peck, M.D., in his book, "The Road Less Traveled." The four disciplines can be used to work toward resolving any problems. They are:

- i. Delayed gratification
- ii. Taking responsibility
- iii. Embracing truth
- iv. Balancing

Students are lead through a facilitated discussion of how each of these disciplines relates to their life, past, present and future.

4. Resisting the Blame Game

As a basic tenet of empowerment, students are guided to understand that they lose personal power and opportunity when they dwell in blame-making, instead of possibility thinking and choice point analysis. Through facilitated discussion and examples, students are challenged to re-think their past by looking for areas where they have blamed people or situations, and replacing the blaming with actively looking at their own contributions to the situation. By looking at their contributions, students are encouraged to take their power back. By blaming, we lose our power to make progress because we dwell on that which we cannot control. By looking at our choices and our own contributions, we regain the power to take constructive action.

5. Pattern Recognition – Overcoming old habits, triggers and hot buttons

This module helps students further their personal inquiry into the nature of freedom of choice from emotional triggers that result in negative and destructive behavior. It reviews the skill set of building higher consciousness through reflection of choice points and patterns of reaction to situations. Habitual ways of thinking about challenges and conflict are identified, with a resulting awareness of how students are triggered and how they can develop the discipline of recognizing a trigger and managing their reaction to it consciously.

6. Use of Reason, Logic and Analysis

This module focuses on helping students learn basic skills of identifying factors, weighing the factors, making reasonable choices among alternatives for response, and reviewing action to look for patterns and better choices. Students are facilitated by a discussion of why fast decisions are often inferior to slowing down and waiting a little bit before making a decision.

7. Core Values

This module reviews the basic values/virtues (and their corollary vices) of a civilized Western society and how these virtues/vices fit into the well lived life.

8. Discovering Purpose – Creating a Mission Statement

Each person has something to give to this world. We each of a purpose and value. Students are reminded through a powerful motivational presentation that they matter, they are here for a reason, and the world is waiting to hear from them and their unique gifts.

Through facilitated discussion, students are advanced in the ways that they think about their purpose and contributions to the world. They are encouraged to start the journey of self fulfillment through directed action and purposeful activities. Students create a personal mission statement as part of this module.

9. Setting and Attaining Goals

This module teaches the basics of setting and attaining effective goals.

10. Self Esteem Building through Giving back to Family and Community

The point of this module is to talk about how self absorption distorts our ability to look at our life in a bigger picture. Giving back to the family unit and the community builds basic self esteem and increases our feelings of self worth and worthiness, purposefulness, and personal power.

MOTIVATION & SELF MASTERY™ by L. Kay Wilson, JD

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www.MotivationandSelfMastery.com

860-559-3733

Covers basic civics, community building, personal leadership, and a segment called "10 Ways You Matter to Your Community."

CURRICULUM for MSM II:

MSM II: This advanced course of Motivation and Self Mastery builds upon the principles of the first course. Students work on:

1. Learning and employing critical thinking/logic
2. Advanced Analysis of choices and risk analysis
3. Basic Financial Planning
4. Fair Uses of Power and Fairness in Relationships
5. Communicating through Conflict
6. Principles of Leadership and Influence
7. Managing Emotions with Objectivity
8. Recognizing Differing Perspectives and Diversity
9. Focus, Discipline, and Purpose

CURRICULUM for MSM Train the Trainer/Facilitator:

MSM Train the Trainer/Facilitator: This course is designed to build skills sets that allow the trainer/facilitator to manage course content, student interaction, and employ solid presentation skills.

1. The Mission of MSM
2. The Basic Model of MSM
3. Modeling Behavior: Respect, Compassion, Consistency
4. Tools for facilitation
5. Presentation Skills
6. Compassionate Review of Belief Systems
7. Acknowledgement and appropriate feedback for class participation
8. Keeping Class Focused on core curriculum
9. Managing resistance, push back and negativity While Keeping the Message Positive
10. Motivational Speaking basics

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