



Spot coaching kids!

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Note: The MindPower segment lays the foundation for the Adventure in Wisdom program and teaches the core concepts behind mindset development. These concepts are referenced throughout the rest of the skill books.

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.

MindPower™



InnerPower™



MePower™



DreamPower™



Slaying Dragons™



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 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

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
Experiencing self-doubt/lacking confidence/in a slump		★																									
Experiencing yo-yo (up and down) self-esteem	★												★	★							★	★					★
Feeling shy, awkward, or 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/grumpy/negative/"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/failure							★			★													★	★	★		★
Feeling shame/embarrassment							★																★	★	★		★