



*ShiftYourPower.com*  
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## YOUTH MASTERMIND CURRICULUM

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### SEPTEMBER

#### *Self Awareness and Respecting Other Views*

##### **Self Awareness**

What are Your Strengths and What Areas Do You Know You Can Improve Upon?

We will focus on how to recognize those strengths and areas we can improve upon and learn how to set goals to make those improvements and stick to them while embracing our strengths.

##### *Validating and Respecting Others Views*

The division and polarization in this country right now leaves us vulnerable to defeating ourselves from within.

We will discuss the importance of validating each other, respecting differing viewpoints and strategies to find common ground so all of our actions are with the greater good in mind and not our own self interests.

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### OCTOBER

#### *The Power of Words - Social Media and Using it Responsibly*

##### **The Power of Words**

What you say to yourself and others does matter!

Your words have power and when used the wrong way, can have long lasting damaging effects.

We will discuss our internal and external dialogue and how to hone it so it always serves us and those we interact with.

### ***Good Social Media Habits and The Social Media Challenge***

Social Media does have its benefits. It connects us across the globe in ways we could never connect before. Sadly, with most things, when abused the benefit is diminished. Many teens now define themselves by likes and follows and forget what it means to be self identified.

We will discuss how to use social media in a healthy way and set good habits around it, so they are not distracted and always operating at their peak efficiency and engaging in a healthy manner.

I even have a cool challenge that they will find beneficial and help them recognize the power of disengagement.

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## **NOVEMBER**

### ***Executive Functioning***

#### ***Finding the Ideal Environment***

Understanding your optimal work and study environment and creating it to ensure your academic success.

#### ***Note Taking Skills, Study Habits and Organizing Your School-Life Balance***

Mastering time management as well as impactful tips and tricks for note taking, and preparing a study plan. We will also discuss fun strategies and games to help you study.

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## **DECEMBER**

### ***Learning Acceptance and Effective Communication***

#### ***What Does Practicing Acceptance Look Like?***

Understanding things don't happen to us, they just happen. How we respond to our current reality is truly what defines our experiences.

#### ***Effective Communication Skills***

We will discuss strategies and learn the skills needed to have those difficult and assertive conversations to ensure a win-win for both parties.

Understanding why our parents don't always say YES, and learning how to speak to them effectively so they say NO less often.

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## JANUARY

### *Change and Guest Speaker*

#### ***What Keeps Us From Changing and How to Take Change On Fearlessly!***

There are various reason we do not want to change. I will explore them all with your teen and give them strategies to make impactful change that will serve them powerfully.

*Guest Speaker: I will be bringing in a guest to share their wisdom and expertise with the group.*

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## FEBRUARY

### *The Danger of Making Assumptions and How to Practice Self-Care*

#### ***The Importance of Asking Questions ands Never Assuming***

We will discuss the dangers of assuming and not asking questions for clarity. When we question for clarity, we have healthy, authentic conversations with purpose and power.

#### ***What are you doing to ensure your own Self-Care?***

We cannot take care of others, if we do not first take care of ourselves. We will discuss what self-care looks like for you and learn to implement it into your life which will not only benefit you but all those you interact with.

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## MARCH

### *Personal Responsibility and Open Discussion*

#### ***Learning to be the Victor and not the Victim!***

It is very easy for our teens to place blame on anyone or anything rather than take responsibility themselves. This ties back to their sense of self worth and how they appear to their peers.

Learning to tap into their vulnerability and seeing it as their super power and not their Kryptonite could be one of the most valuable lessons they will learn.

#### ***Open Discussion***

You bring the topics and we will explore them together, in a safe, non-judgmental space where we can learn together and get clarity on them as well as a mutual understanding of various viewpoints.

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## APRIL

### *Diversity and Acceptance and Using Your Voice*

#### ***Understanding Racial, Religious and Sexual Diversity & Supporting Those Communities***

How do we support our diverse communities and promote acceptance and awareness to ensure everyone feels valued and equal in each others eyes?

#### ***Do You Think Just Because You are a Teen, You Cannot Have Impact?***

Social Media has made it very easy for teens to have a voice. Just look at Malala Yousafzai and Greta Thunberg. They chose to speak up and have made big impact in this world.

Social Norms tell teens that the adults make all the decisions and impact, but that is just not true. Let's explore how you can make impact and ensure you find your voice so you can have the impact you want to have.

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## MAY

### *Exploring Your Passion and Thought Traps and How to Escape Them*

#### ***What do YOU want to do when you grow up? No Really!***

Understanding Passion and Purpose and aligning your values with them to ensure a satisfied and fulfilling life.

#### ***Learning How to Handle Those Anxious Thoughts***

Understanding how our thoughts and emotions impact our mindset and create anxiety and stress.

I will share tips and strategies to challenge these thoughts and not allow them to create procrastination, avoidance and unwanted stress.

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## JUNE

### *Open Discussion and Senior Lunch*

#### ***Open Discussion***

You bring the topics and we will explore them together, in a safe, non-judgmental space where we can learn together and get clarity on them as well as a mutual understanding of various viewpoints.

#### ***Senior Lunch***

You will have lunch with a Senior Citizen and come prepared with questions to learn about their life, the challenges they faced and what they did to overcome them.