



# 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™



- 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

	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	
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							★								★								★		★			★