



Level 1 Lessons by Week

Week	Category	Topic
1	Self Esteem	Intro to Social Media
2	Time Management	Money 101
3	Emotional Intelligence	Emotional Intelligence 101
4	Problem Solving	Begin with End in Mind/Simplifying Decision making
5	Service to Others	Service to Others 101
6	Self Esteem	Self Motivation 101
7	Time Management	Time Management 101 Part 1
8	Time Management	Time Management 101 Part 2
9	Problem Solving	Decision Making 101 Part 1
10	Problem Solving	Decision Making 101 Part 2
11	Problem Solving	Decision Making 101 Part 3
12	Emotional Intelligence	Clear Communication
13	Service to Others	Service to Others Continued
14	Problem Solving	Critical Thinking 101
15	Problem Solving	Problem Solving 101
16	Self Esteem	Body Language & Self Esteem Part 1
17	Self Esteem	Body Language & Self Esteem Part 2
18	Self Esteem	Body Language & Self Esteem Part 3
19	Time Management	Banking 101
20	Emotional Intelligence	Empathy
21	Service to Others	School Activities
22	Service to Others	Outside Activities



23	Emotional Intelligence	Building Trust
24	Emotional Intelligence	Consistency
25	Time Management	Setting Budgets
26	Time Management	Checking vs Savings Accounts
27	Time Management	Interest
28	Time Management	Managing Your Checking Account
29	Time Management	Debt 101
30	Self Esteem	Attitude
31	Problem Solving	Conflict Resolution
32	Emotional Intelligence	Active Listening
33	Emotional Intelligence	Respect
34	Emotional Intelligence	Earning Respect
35	Self Esteem	Personal Appearance
36	Self Esteem	Confidence vs. Arrogance
37	Emotional Intelligence	Selecting Friends
38	Emotional Intelligence	Constructive Feedback Pt 1
39	Emotional Intelligence	Constructive Feedback Pt2
40	Problem Solving	Six Hats Method
41	Emotional Intelligence	Developing a Strong Work Ethic
42	Emotional Intelligence	Stress Management Part 1
43	Emotional Intelligence	Stress Management Part 2



44	Emotional Intelligence	Grit 101 Part 1
45	Emotional Intelligence	Grit 101 Part 2
46	Emotional Intelligence	Flexibility/Adaptability
47	Emotional Intelligence	Good Character Traits
48	Time Management	Balance
49	Emotional Intelligence	Teamwork
50	Emotional Intelligence	Mindset
51	Time Management	Goal Setting Part 1
52	Time Management	Goal Setting Part 2