

Week 1:

1. Who are the leaders?
 - A. Is a leadership role a requirement for leadership?
 - B. Are you a leader?
2. Why is leadership important?
 - A. What do you really want?
 - B. What do you really need?
3. What is leadership?
 - A. One word to describe leadership
 - B. What leadership is not (a position)
4. How to be a great leader?
 - A. Qualities of a great leader
 - B. Examples of great leaders
5. Where to begin?
 - A. Awareness
 - B. Action

Homework: My Ideal Leader Worksheet

Week 2:

1. How to measure leadership
 - A. Leadership assessments
 - B. Are you a great leader?
2. Effects of leadership
 - A. Success vs Failure
 - B. How to get everything you want
3. Catabolic vs Anabolic
 - A. What does your metabolism has to do with leadership?
 - B. The hidden secret to leadership
4. 7 levels of leadership
 - A. Advantages / Disadvantages
 - B. How to win in academics, sports, and relationships
5. Levels of Leadership 1 & 2
 - A. Why feeling sorry for yourself hurts your leadership
 - B. Can great leaders show anger?

Homework: Catabolic worksheet

Week 3:

1. Levels of Leadership 3-5
 - A. Why you should become an expert rationalizer
 - B. How giving gives you more
 - C. The secret to winning
2. Group discussion
 - A. Live Coaching

- B. Review the Levels of Leadership
- 3. Thought triangle
 - A. Understanding the effects of your thoughts
 - B. Why you feel the way you feel

Homework: Anabolic Worksheet

Week 4:

- 1. The four elements that limit your success
 - A. Assumptions
 - B. Interpretations
 - C. Limiting Beliefs
 - D. Gremlins
- 2. How to be a great leader
 - A. The secrets to higher levels of leadership
 - B. How to achieve the one thing that every Teenager wants?

Homework: Foundational Principles Exercise