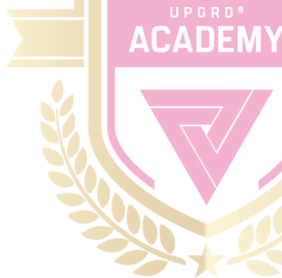




UPGRD® ACADEMY: CURRICULUM





THE CREATOR'S JOURNEY

Ages: 6–18

Core Truth: What you focus on becomes your world.

Framework: Design → Resolve → Act → Repeat

Core Rhythm: Learn it → Live it → Teach it

Weekly Activities:

- Teach one thing you learned to a friend and a family member
- Complete a simple action tied to the week's focus

Module 1: See the Magnificence in the World

"When you see greatness, you become it."

This week is about training your eyes to spot the best in everything: people, places, and especially yourself.

Most people are wired to look for problems. You'll wire your mind to find potential. And when you do, people start seeing it in you too.

✨ **Learn:** How to change what you notice so it changes who you become

🎯 **Focus:** Noticing what's amazing — and feeling amazing too

👤 **Teach:** Show someone how to spot strengths in others and themselves

✅ **Act:** Make a list of 5 great things you saw today



THE CREATOR'S JOURNEY

Module 2: Design What You Want

"If you don't choose your focus, the world will choose it for you."

You'll stop saying "I don't know" and start saying "Here's what I want."

We'll walk you through how to want with clarity and confidence, across five fun categories: people, body, skills, fun, and impact.

✨ Learn: How to turn a want into a direction

🎯 Focus: Naming what actually matters to you

👥 Teach: Share one of your wants with a friend and explain why it matters

✅ Act: Build your personal "Want Map" — your first step in designing your future



THE CREATOR'S JOURNEY

Module 3: The Mind Mirror

"You don't see things as they are. You see them how you are."

Your brain works like a mirror. It reflects your beliefs back to you.

If you believe the world is against you, you'll find proof of that.

If you believe you can grow, you'll find chances to rise. In this module, you'll learn how to check your mirror.

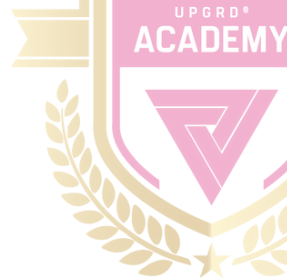
You'll spot hidden beliefs that have been running your thoughts and change the ones that aren't helping you.

✨ Learn: How your beliefs change what you see, and how to build better ones

🎯 Focus: Noticing when your thoughts are helping or hurting

👤 Teach: Show someone what a "mind mirror" is — and help them spot their own beliefs

✅ Act: Write down 5 things you don't like and 10 things you do like in your life, and ask what you can learn or do - per instruction from the video.



THE CREATOR'S JOURNEY

Module 4: Focus Like a Laser

"Where your attention goes, your energy flows."

Focus isn't just a school skill; it's a life power.

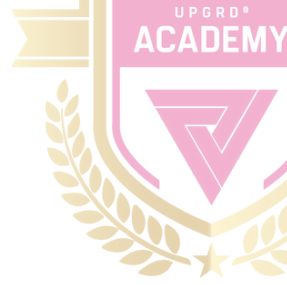
This week, you'll train your brain to tune out noise, zoom in on what matters, and hold your focus like a beam of light.

✨ Learn: Design Incentives

🎯 Focus: Knowing what incentives you need to stay focused

🧑 Teach: Show a family member or friend how to get into a meditative focus state

✅ Act: Design incentives for all the things you know you need to do - but don't want to do



THE CREATOR'S JOURNEY

Module 5: Clear the Noise

"You make much better decisions when you feel good inside."

Stress, overthinking, overwhelm, negative emotions. These aren't just feelings, they're distractions.

This week is about learning how to reset your system anytime, anywhere, so you stay clear, fast, and grounded.

✨ Learn: Quick calm-down tools and how to clear emotional build-up

🎯 Focus: Feeling how you want to feel — even in pressure

👥 Teach: Show a sibling, parent, or friend how you clear your "negative feeling"

✅ Act: Remove one negative feeling a day



THE CREATOR'S JOURNEY

Module 6: Design Your Identity

“Who you think you are is who you become.”

This module is about stepping into your next version.

Not by faking it, but by programming your brain to live it now. You'll learn how to shape your identity so your actions, habits, and goals match who you're meant to be.

✨ Learn: How to choose your character traits and live them out

🎯 Focus: Becoming your upgraded self

👤 Teach: Share the idea of “identity design” with someone close to you

✅ Act: Design your top 3 identity traits — and live them for 3 days



THE CREATOR'S JOURNEY

Module 7: Overlay Your Vision

“See your future, and walk like it’s already real.”

You’ll learn to create a mental overlay, like a heads-up display in your brain and layer it over real life.

That way, even if things around you don’t match your dream yet... your mind stays locked in on what’s coming.

✨ Learn: Visualization while walking, working, and living

🎯 Focus: Walking with your future already in mind

👤 Teach: Show someone how to “overlay” their vision in daily life

✅ Act: Do visualization first thing in the morning and last thing before sleep at night



THE CREATOR'S JOURNEY

Module 8: Become the Creator

"You're not here to react. You're here to build."

This week is your launchpad.

You'll lock in your Creator Loop: design → resolve → act → repeat, and build your own personal upgrade plan for the year ahead.

This isn't the end. It's the beginning of a life where you create your world on purpose.

- ✨ Learn: How to live this rhythm daily
- 🎯 Focus: Owning your upgrade process
- 👥 Teach: Share your biggest shift from the program with a family member and a friend
- ✅ Act: Build your 90-year plan with goals and visions and post it in your room or phone