



I have have had the great pleasure of putting this curriculum together. This came to me one night and over the next 9 months it has grown and changed so much, only because i kept considering the needs of my potential clients. It is my sincere hope that you find your unique path to recovery through my services, this curriculum and everything else I have to offer. -Shawn E. Gross

enhanc3urlif3 curriculum
"Success Is Your Recovery"
By
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2:00 am. I wake up, and this is born.
"Examine Self.. Re-build Self... and Maintain Self" What I heard. Shawn

EXAMINE SELF

-LEARNING THE REAL ME

Creating the new you. Miracle Question

What are my values? 101

Self-assessment 101

Identify destructive behaviors

Grief and Loss 101

-SHAME & GUILT

- What is Shame and Guilt 101
- Shame, Blame, Tame and Name
- Tearing off the labels
- Shoulda, Woulda and Coulda
- Power of Daily Inventory & Apologizing.
- Self assessment 201

-RELATIONSHIPS

- Examination and type
- How to sever toxic
- How To Repair the Good Relationships
- Relationship with Self
- Intimacy Levels communication

-DEFENSE & COPING MECHANISMS

- DEFENSE-Mechanisms? What are mine
- COPING-Healthy strategies
- DECISION-Making (POCS)
- AVOIDING- Vicious Cycles.

-BASIC LIFE SKILLS

- Managing Stress
- Managing Time
- Managing Anger
- Conflict Resolution 101

REBUILD SELF

-EMPOWERMENT

- Securing Early Wins. The ripple effect
- CLARITY-(elimination of uncertainty)
- ACHIEVE, REWARD, PLEASURE, FELLOWSHIP
- DEVELOPMENT-of your spirituality
- ASSESSING-spiritual, mental and physical health.
- RELAPSE-The brain (Spiral Downward)

-MINDSET

- MANTRA and the power and knowing your philosophy
- GROWTH MINDSET-drop the fixed mindset/Law of attraction
- MEANING- Looking at Your Passion & Purpose
- INTUITION. The future/accountability/finish line?
- SETTING GOALS. Seeing the vision and creating the steps
- APTITUDES-And attitudes. BEING A GREAT LEADER

-BEING EFFECTIVE

- MINDFULNESS
- FOCUSING-Overcoming procrastination and doubt.
- FIND A MENTOR-to learn to mentor/other peoples methods
- BUILD YOUR TEAM-to match your strategy
- CONSISTENCY- Achieving routines.
- HARNESSING-Those efforts of others

-SELF-CARE

- Reconcile and nurturing the five.
- Yourself, Finances, Environment, Relationships
- Relapse Prevention/drugs/behaviors/thoughts
- Learning to ask for help

MAINTAIN SELF

-HOW TO KEEP IT ALL UP

Knowing your cues and actions

Relapse prevention and intervention

Staying on top of the 5.

Turning my purpose and passion into a job

Stop and assess, stop and assess.

SKILLS COURSES

HABITS FOR SUCCESS

<u>Applications</u>	What is the Habit Cycle		
<u>Letter of explanation</u>	Habit of curiosity		
Interviewing Skills	Habit of Assigning Intent		
Budgeting Skills	Habit of Assigning Value		
Mindfulness Skills	Habit of Assigning Meaning		
Time Management	Habit of laughter		
Stress Management	Habit of assessing self		
Professional Networking	Habit of Service		
Dealing with change	Habit of Clarity		
	Habit of Influence		
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