

RESOLUTE

CULTIVATING YOUR BEST LIFE

SYLLABUS

WEEK 1: What Really Matters?

WEEK 2: Perceptions That Hinder and Help

WEEK 3: The Process of Execution

**Objectives outlined further below*

“A lot of people have gone further than they thought they could because someone else thought they could.” - Zig Ziglar

Tuition: \$695. ALL SESSIONS ARE LIVE VIA ZOOM.

Needs-based scholarships are available by inquiry only. Prerequisites: The will to consider and curate your life. Instructional Format: Real-time seminar cohort.

Instructor Information: Brian Lahoue, Author, Pastor, and Entrepreneur - [Bio](#).

Inquiries: brian@themission.com

WORKSHOP OVERVIEW

RESOLUTE provides a forum to investigate a meaningful life through readings, speaker sessions, discussions/Q&A, and writing. We will use these tools to clarify, design, and advance achievable life goals.

OBJECTIVES:

WEEK 1: What *Really* Matters?

Get clear on what matters most.

Identity and Goals.

Motivations

WEEK 2: Perceptions That Hinder and Help

Identify and remove achievement blockers.

Learn why you failed in the past and how to avoid it again.

Managing Excuses, Priorities, and Time.

WEEK 3: The Process of Execution

Key Goals, Habits, and Lifestyle.

Tools to Track Progress.

Goals and Action.

Focus and Flexibility.

SUGGESTED READING:

- [The Power of Habit](#) by Charles Duhigg
- [Mindset](#) by Carol Dweck (1992)
- [Goals!](#) by Bryan Tracy (2016)
- [Who Moved My Cheese](#) by Spencer Johnson
- [The One Minute Manager](#) by Ken Blanchard

OTHER MEDIA:

- Tony Robbins Ted [Talk](#)

HELPFUL TOOLS:

The Resolute Workbook (select excerpts to be provided).

Notebook(s)

Pens and pencils with an eraser

Computer or Laptop with word processing software, an internet connection,
and a Gmail account

MODULES AND WORKSHOP OUTLINE:

Additional information will be provided upon registration