



YOUNG ACHIEVERS MASTERMIND CURRICULUM

50 Modules/Sessions delivered in-person weekly: 1-1.5 hours per Session

Note: The day and time can be customized based on school year and summer breaks

Module 1: MINDSET MASTERY (Month 1)

Theme: Shift your thinking, change your life.

Goals: Teach teens to adopt a growth mindset, create empowering beliefs, and embrace challenges.

1. Fixed vs. Growth Mindset

- Activity: “Mindset Match-Up” card game (scenarios + mindset statements)
- Activity: “Limiting Belief Breakers” (teens write down limiting beliefs and smash or shred them)

2. Understanding Your Belief System

- Activity: “Belief Iceberg” visual (identify surface behaviors vs. deep beliefs)
- Activity: “Belief Rewrite” journal exercise

3. Pleasure vs. Pain Principle

- Activity: “Pain Push vs. Pleasure Pull” life-mapping game
- Activity: Team brainstorm: What drives us?

4. The Power of Self-Talk

- Activity: “Trash Talk vs. Power Talk” role-play
- Activity: Mirror exercise: Affirmations aloud

Module 2: PURPOSE + IDENTITY (Month 2)

Theme: Who you are and why you matter.

Goals: Help teens find their “why,” build confidence, and create an identity rooted in values.

5. Finding Your Why

- Activity: “7 Layers Deep” – purpose digging partner exercise

- *Activity:* “Why Poster” creation (visual representation)

6. **Owning Your Story**

- *Activity:* “Hero’s Journey” storyboard
- *Activity:* Group storytelling circle

7. **Comfort Zone Expansion**

- *Activity:* “Fear Line Challenge” – step over line labeled with personal fears
- *Activity:* Partner dare: small, safe challenges

8. **Self-Image & Confidence**

- *Activity:* “Selfie Story” – how they see vs. how others see them
- *Activity:* Compliment tag

Module 3: HABITS + ROUTINES (Month 3)

Theme: Small choices, big impact.

Goals: Create daily habits, routines, and powerful rituals that build momentum.

9. **Routines + Rituals of Winners**

- *Activity:* Morning routine builder
- *Activity:* “Habit Hack” brainstorm in small teams

10. **The Power of Consistency**

- *Activity:* “The Paper Stack” (how small things stack up)
- *Activity:* Consistency Tracker Challenge (1 week)

11. **Discipline vs. Motivation**

- *Activity:* “Discipline Dice” role-play game
- *Activity:* “Do It Anyway” physical task challenge

12. **Breaking Bad Habits**

- *Activity:* “Trigger Tracker” worksheet
- *Activity:* “Swap It” – swap bad for good

Module 4: MENTAL STRENGTH + RESILIENCE (Month 4)

Theme: Get tough. Bounce back stronger.

Goals: Build persistence, resilience, and mental toughness.

13. Persistence + Grit

- *Activity:* “Impossible Task” mini game
- *Activity:* Bounce-back story share

14. Resilience: Bounce Back Power

- *Activity:* Rubber band metaphor game
- *Activity:* Resilience Role Plays (real-life tough situations)

15. Handling Stress + Pressure

- *Activity:* “Stress Ball Toss” with rapid-fire scenarios
- *Activity:* Box Breathing Challenge

16. Mental Toughness

- *Activity:* Ice cube hand challenge
 - *Activity:* Visualization walk-through
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Module 5: GOALS + PRODUCTIVITY (Month 5)

Theme: Dream. Plan. Do.

Goals: Help teens set goals, build work ethic, and get things done.

17. Goal Setting (SMART Goals)

- *Activity:* “Dream to Reality” vision boards
- *Activity:* SMART Goal Partner Planning

18. Work Ethic

- *Activity:* “Sweat Equity Challenge” (small tasks, timed)
- *Activity:* “Work vs. Excuse” face-off

19. Focus + Elimination of Distractions

- *Activity:* “Focus Tunnel” – obstacle course with distractions
- *Activity:* Time Audit: Where’s Your Energy Going?

20. Prioritization + Time Management

- *Activity:* “The Rocks in the Jar” demo

- *Activity:* “1 Thing That Matters” list
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Module 6: COMMUNICATION MASTERY (Month 6)

Theme: Say it. Mean it. Be heard.

Goals: Improve verbal, nonverbal, and emotional communication.

21. Active Listening

- *Activity:* “Silent Conversations” drawing game
- *Activity:* “Repeat Back Relay”

22. Speaking with Confidence

- *Activity:* “One-Minute Talk”
- *Activity:* “Power Pose + Speak” exercise

23. Nonverbal Communication

- *Activity:* Charades with a twist
- *Activity:* “Walk the Talk” posture game

24. Giving + Receiving Feedback

- *Activity:* “Feedback Sandwich” role-play
 - *Activity:* “Glow & Grow” circles
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Here’s the continuation of your **Year-Long Young Achievers Mastermind Curriculum** from **July to December** with themes, goals, and interactive exercises:

Module 7: RELATIONSHIPS + TEAMWORK (Month 7)

Theme: Win together. Build stronger bonds.

Goals: Foster collaboration, trust, empathy, and healthy relationships.

25. Teamwork + Synergy

- *Activity:* “Tower of Power” team challenge
- *Activity:* “Human Knot” collaboration game

26. Building Trust

- *Activity:* Trust walk with blindfolds

- *Activity:* “Who’s Got Your Back?” discussion circle

27. Conflict Resolution

- *Activity:* Role-play tough teen scenarios
- *Activity:* “Say It Better” conflict script challenge

28. Peer Pressure + Values

- *Activity:* “Circle of Choice” scenario game
 - *Activity:* “Stand Your Ground” team drama game
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Module 8: EMOTIONAL INTELLIGENCE (Month 8)

Theme: Feel it. Understand it. Master it.

Goals: Increase self-awareness, empathy, and emotional regulation.

29. Emotional Awareness

- *Activity:* “Mood Map” with colored cards
- *Activity:* Emotion Charades

30. Managing Triggers

- *Activity:* Trigger reflection + “Reaction vs. Response” game
- *Activity:* Mindfulness minute

31. Empathy in Action

- *Activity:* “Walk in My Shoes” storytelling
- *Activity:* Scenario role swap

32. Regulating Emotions in the Moment

- *Activity:* “Cool Down Cards” toolkit creation
 - *Activity:* “Pause-Play” social skits
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Module 9: PERSONAL POWER + INFLUENCE (Month 9)

Theme: Lead your life and lift others.

Goals: Teach influence, integrity, and character-driven leadership.

33. Integrity + Doing the Right Thing

- *Activity:* “Would You Rather?” ethical dilemmas

- *Activity:* Truth Circle: share moments of doing right when hard

34. Positive Influence

- *Activity:* “Influencer Web” with string and stories
- *Activity:* “Ripple Effect” cause/effect game

35. Leadership Without a Title

- *Activity:* “Silent Leader” group challenge
- *Activity:* Rotating Leader exercise

36. Encouraging Others

- *Activity:* “Appreciation Bomb” sticky note surprise
 - *Activity:* “Uplift Chain” — say one thing that inspires
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Module 10: LEARNING + GROWTH (Month 10)

Theme: Stay hungry. Stay humble.

Goals: Instill a love for learning, curiosity, and the ability to adapt.

37. Power of Ongoing Learning

- *Activity:* “Teach Me Something” challenge
- *Activity:* “Curiosity Cards” Q&A game

38. Learning From Mistakes

- *Activity:* “Failure Resume” reflection
- *Activity:* Group brainstorm: Fail Forward Wall

39. Feedback as a Growth Tool

- *Activity:* “Mirror Moments” – self-assess and peer reflect
- *Activity:* “Before & After” journal review

40. Adapting to Change

- *Activity:* “Change the Game” mid-activity switch
 - *Activity:* “Plot Twist” discussion circle
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Module 11: DECISION MAKING + PATTERNS (Month 11)

Theme: Make moves that matter.

Goals: Teach intentional decision-making and breaking limiting life patterns.

41. Decisions and Consequences

- *Activity:* “Life Dominoes” cause/effect simulation
- *Activity:* “Tough Choice Cards”

42. Breaking Negative Patterns

- *Activity:* “Pattern Tracker” worksheet
- *Activity:* “Choose Your New Path” game

43. Delayed Gratification

- *Activity:* Marshmallow challenge remix
- *Activity:* “Wait for It” obstacle station

44. Values-Based Decision Making

- *Activity:* “What Do You Stand For?” values sorting
 - *Activity:* Role-play moral crossroads
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Module 12: CELEBRATION + LEGACY (Month 12)

Theme: Reflect. Celebrate. Elevate.

Goals: Recognize growth, share breakthroughs, and build lasting vision.

45. Reflection + Gratitude

- *Activity:* “Gratitude Graffiti Wall”
- *Activity:* Letter to Your Past Self

46. Legacy + Future Vision

- *Activity:* “Future You” letter and vision board
- *Activity:* “10 Years From Now” imagination circle

47. Presentation of Growth (Mini Graduation)

- *Activity:* Showcase projects, speeches, or skits
- *Activity:* Affirmation Circle + Awards

48. Celebrate the Journey

- *Activity:* Photo slideshow and memory booklet

- *Activity:* “Pass the Torch” activity (each teen inspires the next group)

49. **Give Back Challenge**

- *Activity:* Group service project brainstorm and implementation

50. **Final Magic Moment (Special Surprise)**

- *Activity:* You (Michael) close with a powerful magic performance and message of belief, legacy, and leadership.
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