

INTRO

LESSON 1:

From Outdated to
Evolving Knowledge

LESSON 2:

The Problem
with Mindset

LESSON 3:

The Gift of
Growth Mindset

LESSON 4:

The 4 Keys

LESSON 5:

Neuroplasticity

LESSON 6:

Mistakes

LESSON 7:

MicroProgress

LESSON 8:

Alpha Instinct

LESSON 9:

Adults First!

LESSON 10:

Summary

NEXT STEPS