



PART 1 Why Mindset Matters

Evolving Knowledge

Problem with Mindset

Gift of Mindset

PART 2 The Four Keys



Neuroplasticity

Mistakes

Microprogress

Alpha Instinct



PART 3 Implementation

OPTION 1

MINDSET SCIENCE

Month 1: Neuroplasticity

Month 2: Mistakes

Month 3: MicroProgress

Month 4: Self-Expression

Month 5: Alpha Instinct

MINDSET "STORY-TELLING"

Month 6: Explorer

Month 7: Settler

Month 8: Rebel

Month 9: Illuminator

OPTION 2

MINDSET SCIENCE + STORY-TELLING

Month 1:
Neuroplasticity

Month 2:
Mistakes → Explorer

Month 3:
MicroProgress → Settler

Month 4:
Self-Expression → Rebel

Month 5:
Alpha Instinct → Illuminator

OPTION 3

MINDSET SCIENCE

Month 1: Neuroplasticity

Month 2: Mistakes

Month 3: MicroProgress

Month 4: Self-Expression

Month 5: Alpha Instinct