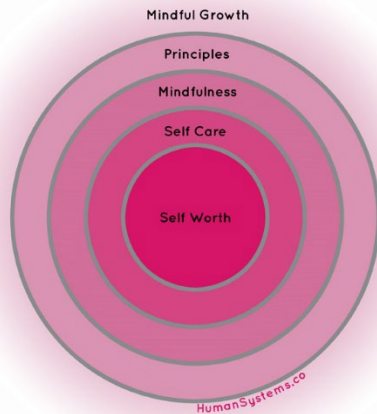


## HS ML|MG Individual Self-Study Program Outline

Modules	Included Tools	Competency Pathways
<p><i>Week 1: Introduction to ML MG Individual</i></p> <ul style="list-style-type: none"> <li>• Complete <b>ML MG Individual Assessment</b>.</li> <li>• Review <b>ML MG Individual Assessment Results Guide</b>.</li> <li>• Once a day in your journal, write about one item or area from the ML MG Individual Assessment that is causing you discomfort.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">ML MG Individual Assessment</a></li> </ul>	<ul style="list-style-type: none"> <li>• Increase your <b>self-worth</b>, self-esteem, and self-love.</li> <li>• Effectively identify, manage, process, create boundaries around, and express your emotions.</li> </ul>
<p><i>Week 2: Emotions</i></p> <ul style="list-style-type: none"> <li>• Read <b>HS Guide to Emotions</b>.</li> <li>• Practice identifying and defining emotions for one situation a day in your journal.</li> <li>• Complete “Using Emotions”, “Affective Circumplex &amp; Emotions”, worksheets (see listings in <a href="#">HS Individual Growth Worksheets</a> for preview).</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">HS Emotion Wheels</a></li> <li>• <a href="#">HS Virtual Emotion Wheel</a></li> <li>• <a href="#">HS Body Sensations Wheels System</a></li> </ul>	<ul style="list-style-type: none"> <li>• Identify, fulfill, and express your needs through effective <b>self-care</b> practice.</li> <li>• Create better balance in your life (individual time, socialization, spiritual practice, work, hobbies, other activities).</li> </ul>
<p><i>Week 3: Needs</i></p> <ul style="list-style-type: none"> <li>• Read <b>HS Guide to Needs</b>.</li> <li>• Practice identifying emotions and needs for one situation a day in your journal.</li> <li>• Complete “Emotions, Needs &amp; Choices” Worksheet (see listings in <a href="#">HS Individual Growth Worksheets</a> for preview).</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">HS Needs Wheels</a></li> <li>• <a href="#">HS Virtual Needs Wheel</a></li> <li>• <a href="#">HS Model of Maslow’s Theory of Human Motivation &amp; Guide</a></li> </ul>	<ul style="list-style-type: none"> <li>• Increase your <b>mindfulness</b>, leading to more engagement in the present; resilience, capacity, and flexibility; and systems thinking and awareness.</li> </ul>
<p><i>Week 3: Mindfulness</i></p> <ul style="list-style-type: none"> <li>• Read <b>HS Guide to Mindfulness</b>.</li> <li>• Journal about how you are practicing, or intend to practice, an aspect of mindfulness (presence, choice/intention, awareness, acceptance, compassion, balance) once a day.</li> <li>• Complete “Awareness, Acceptance, Compassion, and Balance”, “Mindful Feelings Graph”, and “Using Mindfulness to Create &amp; Use Affirmations” Worksheets (see listing in <a href="#">HS Individual Growth Worksheets</a> for preview).</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">HS Mindfulness Model &amp; Guide</a></li> </ul>	<ul style="list-style-type: none"> <li>• Develop your personal <b>principles</b> and values and apply them to daily life across contexts.</li> </ul>

<p><i>Week 4: Principles</i></p> <ul style="list-style-type: none"> <li>• Read <b>HS Guide to Principles</b>.</li> <li>• Journal once a day about how you applied, or might apply, one HS Healthy Systems or Individual Wellbeing Principle to a specific situation in your life.</li> <li>• Complete “HS Principles: What Kind of World Do I Want”, “Hard Interior/Soft Exterior”, and “Turning Emotion into Action (TEA)” Worksheets (see listing in <a href="#">HS Individual Growth Worksheets</a>).</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">HS Principles</a></li> </ul>	<ul style="list-style-type: none"> <li>• Increase your capacity for <b>growth</b>, including: <ul style="list-style-type: none"> <li>○ Identifying and pursuing resources.</li> <li>○ Adjusting your thinking and behavior based on feedback.</li> <li>○ Advocating for yourself.</li> <li>○ Setting your personal mission and vision.</li> <li>○ Building new relationships.</li> <li>○ Making more effective decisions.</li> <li>○ Finding your meaning and purpose.</li> </ul> </li> </ul>
<p><i>Week 5: Growth</i></p> <ul style="list-style-type: none"> <li>• Read <b>HS Guide to Growth</b>.</li> <li>• Journal about one behavior change you have tried or would like to try once a day.</li> <li>• Complete “Personal Leadership Development Plan” Worksheet see listing in <a href="#">HS Individual Growth Worksheets</a>).</li> </ul>		

**Price: \$200 (includes all tools described above; delivered as hard copy via USPS or in PDF form)**



### Mindful Leadership | Mindful Growth: Individual Model

**Self Worth:** Unconditional positive regard for self and belief in one’s value as a human being.

**Self Care:** Meeting one’s own physical, psychological, social, and spiritual needs.

**Mindfulness:** Mindfulness (awareness, acceptance, compassion, balance) of the content of and interaction between one’s inner and outer environments.

**Principles:** Personal, value-infused guidelines that can be applied to challenges across contexts.

**Mindful Growth:** Purposeful individual positive change that is aligned with values and available resources.