

# WISDOM System™ for Coaching Kids

Mindset Skills for Life



Use Coaching Stories to help children develop 27 mindset skills for WISDOM.  
Creating happiness, confidence, self-leadership, and more!



5 Skill Books



6 Skill Books



5 Skill Books



6 Skill Books



5 Skill Books

## **W** Wire your mind for happiness, confidence, & success with **MindPower**

With MindPower, children learn the brain science behind mindset training. They learn that their thoughts shape their experiences and that they shape their thoughts. MindPower is the foundation for self-esteem, confidence, resilience, happiness, self-leadership, achievement, and more!

## **I** Identify who you want to be and what you want for your life with **InnerPower**

With InnerPower, kids develop their inner compass – their inner guidance system for who they want to be in the world. They develop core values of self-leaders including self-responsibility, integrity, respect, and self-respect; learn a 4-step process for making good decisions; and learn how to say no to peer pressure and yes to themselves.

## **S** See your inner superstar and shine with **MePower**

With MePower, kids develop powerful self-esteem and strong self-confidence from the inside out – learning to feel great about themselves no matter who they are with or what is happening in their lives. They also learn how to believe in themselves and go for it in life - creating courage and confidence and achieving their dreams.

## **D** Dream big, live with purpose, and make it happen with **DreamPower**

With DreamPower children learn how to create a vision for their lives so that they live life with intention versus drifting through life. They learn how to use goal setting to turn their vision into action and how to use the Law of Attraction tools of Visualization, Affirmations, and Gratitude to “program” their mind for success.

## **O** Overcome obstacles and **Manage** the ups and downs of growing up with **Slaying Dragons**

## **M**

Slaying Dragons helps kids handle the “tough stuff” and build resilience. They learn how to move through fear and create courage; pick themselves up again after mistakes, disappointment or failure; avoid conditional thinking; and embrace change, so they can handle anything that comes their way.