



Designing Your Life[®]: High School

Teens! HG Education is launching *Designing Your Life[®]: High School*. Take charge of your life! Spend 8 weeks with us learning the tools you need to connect to your highest ideals for yourself and create the life YOU want to live. You will get to pick one specific area of your life you want to tackle and rock out. You will discover what's currently in the way of your dreams, how to curate your thoughts, and learn the secret sauce to keeping promises to yourself that are a match with your dreams.

Here's what you'll learn:

- You are the Author of Your Life
- Dreaming - Choose One Area of Life to Elevate
- Thoughts & Inner Dialogue
- Personal Integrity - Promises & Consequences
- Beliefs & Theories
- Traits
- Hard Conversations
- Designing your Future - I AM

To learn more about customized programming for your educational community, or to enroll your child in our next series, contact education@handelgroup.com