



## Curriculum Questions

| Cycle  | Questions   | Lifework  |
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| <p><b>Earth Cycle: Foundation, Identity, Family, and Rules</b></p> | <p>Do you know your family's history?<br/>           What does your family name mean to you?<br/>           Who are your role models in your family?<br/>           What will your role in your family be?<br/>           What family traditions do you want to pass on?<br/>           Who do you turn to for advice in your family?<br/>           How do you define 'manhood' in your family?<br/>           What values did your parents or guardians teach you?<br/>           What role does your family play in your life?<br/>           How do you handle conflicts within your family?<br/>           What makes you proud of your family heritage?<br/>           How well do you know your grandparents' stories?<br/>           What does your tree need? (Maslow)<br/>           What is your family's approach to rules and discipline?<br/>           What's your 10 commandments?<br/>           What are your values?<br/>           What brand are you? Gucci or Primark?<br/>           How do family rules shape your choices?<br/>           What lessons have you learned from family struggles?<br/>           Do you know your family tree?<br/>           Will you be a branch, a leaf, the trunk or the roots?<br/>           How can you contribute positively to your family?<br/>           Do you believe?<br/>           Do you know what your mission is?<br/>           How important is respect in your family?<br/>           How does your family support your dreams?<br/>           What do you want your future family to look like?<br/>           What legacy do you want to leave for your children?</p> | <ul style="list-style-type: none"> <li>- Family Tree</li> <li>- Family Interview</li> <li>- Origin Story</li> <li>- Tree of Purpose</li> <li>- Brand Yourself (personal values)</li> <li>- Promise Letter</li> </ul> <p><b>Watch</b><br/>           (Lion King, Last Airbender)</p> |



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|  | <p>What is your purpose?<br/>         Do you know the rules to the game you are playing?<br/>         What does being grounded mean?<br/>         How do you earth yourself?</p>   |   |
| <p><b>Fire Cycle : Emotions, Passion, and Trauma</b></p> | <p>What do you know about the Hulk? How does he deal with his anger?<br/>         Do you know what consent is?<br/>         What are the birds and bees?<br/>         What's your issue with being vulnerable?<br/>         Where does your power come from?<br/>         How do you express anger in a healthy way?<br/>         What makes you passionate?<br/>         How do you handle stress in your life?<br/>         Do you know your emotional triggers?<br/>         What is the most intense emotion you've felt, and why?<br/>         How do you manage frustration without lashing out?<br/>         What are you most passionate about in life?<br/>         How do you calm yourself when you're angry?<br/>         What motivates you to get up in the morning?<br/>         How do you react when someone disrespects you?<br/>         What do you do to control your emotions in heated moments?<br/>         How do you define love? What does it look like to you?<br/>         What role do emotions play in your decision-making?<br/>         How can you channel anger into something positive?<br/>         What makes you feel most alive?<br/>         How do you recover from emotional setbacks?<br/>         How do you show compassion when others are struggling?<br/>         What's the last thing that made you cry?<br/>         How do you heal from trauma?<br/>         What role does trauma play in shaping your behavior?<br/>         What makes a girl beautiful?<br/>         How do you recognise and deal with unresolved trauma?<br/>         How can trauma impact your relationships?<br/>         What have you learned about resilience through trauma?<br/>         What's the hardest trauma you've had to overcome?</p> | <p><b>Lifework</b></p> <ul style="list-style-type: none"> <li>- Breathing Fire 4.1</li> <li>- Erik's Echo</li> <li>- Play to win 7 Day Challenge (self control)</li> <li>- Timeline</li> <li>- Source of power</li> <li>- 5 Day Heart Journal</li> </ul> <p><b>Films</b><br/>         (Creed 1, Naruto, Inside Out, The Hulk)</p> |



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|  | <p>How do you feel about talking about your trauma with others?<br/>         How can you turn trauma into personal growth?<br/>         What helps you heal from emotional wounds?<br/>         How do you maintain emotional control during trauma triggers?<br/>         What resources or people help you when dealing with trauma?<br/>         How do you firebend?</p>   |   |
| <p><b>Water Cycle : Behavior, Change, and Healing</b></p>                        | <p>How do you handle change in your life?<br/>         What behavior do you want to improve or change?<br/>         How do you apologize when you're wrong?<br/>         What's the hardest thing you've had to heal from?<br/>         How do you deal with pain, both physical and emotional?<br/>         Who helps you when you're going through hard times?<br/>         What changes have made you stronger?<br/>         How do you handle criticism?<br/>         What's one thing you would like to change about yourself?<br/>         How do you respond to negative behavior from others?<br/>         How do you forgive yourself when you make a mistake?<br/>         How do you process emotions in a healthy way?<br/>         What's the biggest behavioral change you've made recently?<br/>         How do you adjust your behavior in different environments?<br/>         How do you make amends when you hurt someone?<br/>         How do you take care of your mental health?<br/>         What's the hardest habit you've had to break?<br/>         How do you practice self-care?<br/>         How do you stay consistent with positive behaviors?<br/>         What's your plan for managing stress and pressure?</p> | <p><b>Lifework</b></p> <ul style="list-style-type: none"> <li>- Allow me to reintroduce myself</li> <li>- 7 day detox</li> <li>- 1:1 Therapeutic work</li> </ul> <p><b>Films</b><br/>         (Bruce Lee, be like water<br/>         Avatar 2 - Way of the water)</p> |
| <p><b>Air Cycle: Mindset, vision Thinking, Finances, and Future Planning</b></p> | <p>How do you define success for yourself?<br/>         What's your mindset when facing challenges?<br/>         How do you think about money and financial success?<br/>         What's your plan for managing your finances?<br/>         How do you turn failure into a learning experience?<br/>         How do you stay focused on your goals?<br/>         What's your strategy for saving money?<br/>         How do you make important decisions?</p>  | <p><b>Films</b></p> <p><b>Lifework</b></p> <ul style="list-style-type: none"> <li>- Vision Board</li> <li>- Business plan</li> <li>- Development plan</li> <li>- Network meeting</li> </ul>   |



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|   | <p>What do you believe is the key to building wealth?<br/>How do you stay motivated when things get tough?<br/>What are the most important lessons you've learned from failure?<br/>What does having a 'growth mindset' mean to you?<br/>How do you think about your future career?<br/>How do you plan for long-term goals?<br/>What are your thoughts on entrepreneurship?<br/>How do you approach problem-solving?<br/>What's your strategy for overcoming procrastination?<br/>How do you plan for financial independence?<br/>How do you stay organized and productive?<br/>How do you balance your mental, emotional, and financial health?</p> |  |
| Integrated Themes (Earth, Fire, Water, Air) | <p>How do your family's values shape your actions?<br/>How do you balance emotions with rational thinking?<br/>What role does healing play in your financial success?<br/>How do your passions align with your long-term goals?<br/>How does knowing your family tree influence your mindset?<br/>How can emotions drive positive change?<br/>How do you think critically about societal expectations?<br/>How does self-awareness lead to better decision-making?<br/>How do your emotions influence your financial choices?<br/>How do you use critical thinking to overcome stereotypes?</p>   |  |

### Special Projects

- **My Life Matters Peer Education / Peer Advisors (Self Defence, Mental Health First Aid, Emergency Aid, Conflict Management)**
- **Brand Yourself**

## Some of the themes/topics we explore

