

# We are committed to **LEAD:** Lead, Educate, Access, Develop

## **Self Equity Program**

Self Equity helps students with:

1. Mental fitness
2. Self-care
3. Trauma
4. Social emotional learning

Mindfulness

- [Mindfulness](#)
- Being aware of 5 senses (environment)
- Being aware of your own thoughts
- Being aware of distracting thoughts
- Learning to overcome distracting thoughts
- Controlling distractions by setting up your environment
- Controlling social media and internet distractions
- Concentration in class
- Mindfulness training

Perseverance

- [Perseverance](#)
- How do you persevere now?
- Overcoming procrastination
- Creating urgency
- Reflection

Emotional management

- [Emotional-Management](#)
- Mental fitness

- Trauma

Self-motivation

- [Self-Motivation](#)
- Purpose, what is your why?
- Success vs. failure
- Self-talk and managing self-talk
- Practice positive thinking
- How do you self-motivate now?

Self-care

- [Self-Care](#)
- Taking care of yourself
- What does that look like for you?
- How do you find the time?
- Importance of self-care
- First aid kit

Gratitude

- [Gratitude](#)
- Gratitude ladder
- What are you thankful for?
- How do you show appreciation?

Resilience

- [Resilience](#)
- Developing resilience
- Practice bouncing back

Journal and reflection

- [Journaling and Reflection](#)
- What is the value of journaling and reflecting?
- Can be part of self-care
- Can help pinpoint current mindset and help you to make a change
- Visual evidence of your growth
- 21 Day Reflection Journal

## Self-Equity

Amount Per Serving	1
	% Daily Value*
I AM...	100%
Gratitude	100%
Mindfulness	100%
Self-Care	100%
Perseverance	100%
Emotional Management	100%
Self-Motivation	100%
Resilience	100%

Solving your problems using your thoughts, ideas, creativity, experiences, knowledge, self-control

\*Percent Daily Value based on a diet of reflection and guidance.

You can also use your Self Equity to create a really good life.

If that's not good enough, consider the following:

- It's the value added to self as a result of your work
- You can't sell your Self Equity.
- You can't borrow against your Self Equity.
- Your Self Equity can't be stolen, or copied by someone else.
- Your Self Equity can't be destroyed in a natural disaster.
- Your Self Equity IS recession proof/pandemic proof.
- Changes in the economy, interest rates, stock market, or the real estate market have zero impact on your Self Equity.
- Your Self Equity cannot be taxed.
- Your Self Equity is available 24/7.
- Self Equity doesn't quit, or call in sick (unless you let it).

And oddly enough, there are NO checks that your Self Equity *can't* cash.

Your Self Equity is an unlimited bank account for your family.

Maybe the best part about Self Equity is that you can **force daily appreciation allowing it to compound massively in weeks, instead of years.**

You force daily appreciation of your Self Equity through what you choose to do (and not do) on a *daily* basis.