

I CAN DO THIS

PERSONAL ACHIEVEMENT WORKSHOP

A seven week course

Presented by Cordell Vail

These lessons will help you learn how to be all that you can be, by applying principles that are very simple! Each of the parts of our life are inter-related. You cannot separate this interaction.



You have already seen that something you do in one part of our life can have a far-reaching effect on all the other parts of your life. These lessons will start you out on a life's mission to do better in the future at everything you do in your life.

There will be seven lessons that are intended to help you develop the skills necessary to be successful in your life once you are released. Subjects covered will give you a new outlook on life and help you know and believe that you can be successful and not ever become an offender again.

The seven lessons will cover some of the following subjects:

- Accepting responsibility for our actions so we don't make the same mistakes again.
- Learning how to successfully change our old behaviors.
- Overcoming habits and addictions that bring unhappiness into our lives.
- Dealing with peer pressure from friends and family that hold us back.
- Setting and achieving realistic goals that will help us find success.
- The power of dreaming, believing and never giving up.
- Knowing what you want to do and then doing it.
- Finding mentors in our life who can and will help us be happy and successful.
- Learning to do one thing well will help us do everything well.
- How to find employment when you have a felony conviction.

Lesson 1: "YOU CAN'T FOOL THE CHICKENS": A true story.

Lesson 2: The power of conditioning: How it shapes our life

Lesson 3: Overcoming bad habits and addictions in our life.

Lesson 4 A view of yourself: Building self-esteem and self-worth.

Lesson 5: The power of visualization: Learning how to dream.

Lesson 6: Setting and achieving goals: Six easy steps.

Lesson 7: How to catch a moose

These seven lessons are based on the "*My Turn To Win: Secrets Of Excellence*" Personal Achievement Workshops.

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