



## **BECOMING MASTERFUL**

Phase One: Own Your Experience

Key Focus: You and Your Purpose

### **Course Syllabus**

Becoming Masterful is a program designed to help you envision and create a deeply meaningful life that simply put, “works”; the life that fits you and all that you aspire to.

## **MODULE 1.**

Gather Emotional Intelligence, Knowledge & Tools

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### **SECTION ONE**

Interactive Sessions 1 – 3

**Key Focus: Self-Awareness**

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#### **INTERACTIVE SESSION #1:**

**Setting the Stage (Author, Producer)**

In this interactive session, you’ll begin to define your Purpose and Vision. As a part of this process, you’ll get a bird’s-eye view of the collective and individual belief structures that influence your experiences.

#### **EXPLORE & EXPERIENCE EXERCISE:**

Time to Budget: 1 hour

This week, you’ll get acquainted with your Study Buddy using some ‘belief structure’ questions. You’ll then have an opportunity to introduce one another to the class.

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## **INTERACTIVE SESSION #2:**

### **Reviewing Your “Blueprints”**

It’s time to look at the current belief structures that shape how you show up in the world. Together, you’ll explore which beliefs seem to be working to your advantage and which don’t.

#### **EXPLORE & EXPERIENCE EXERCISE:**

Time to Budget: 1.5 – 2 hours

This week, you’ll complete the blueprint of your belief structures on your own. Then you and your Study Buddy will meet to share what you’ve uncovered.

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## **INTERACTIVE SESSION #3:**

### **Exploring the Themes – Possibilities & Limits**

By this point, you will have likely noticed some interesting patterns. In this interactive session, you’ll explore the themes that form the foundation and define the boundaries of your beliefs, thus your experiences.

#### **EXPLORE & EXPERIENCE EXERCISE:**

Time to Budget: 1.5 – 2 hours

You’ll complete the inventorying of your belief structures on your own. This week you’ll be invited to share your discoveries – ‘aha’s,’ epiphanies, breakthroughs, and/or questions with the class via posts in your private homeroom.

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## **SECTION TWO**

### **Interactive Sessions 4 – 5**

### **Key Focus: Healthy Boundaries**

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## **INTERACTIVE SESSION #4:**

### **Exploring Your “Yard”**

In this interactive session, you will clearly define, understand and explain who positively and negatively influences you in all aspects of your life, both personally and professionally. You’ll discover which people are impacting your decisions most.

#### **EXPLORE & EXPERIENCE EXERCISE:**

Time to Budget: 1-1.5 hours

With your Study Buddy, you will use the materials provided for you to explore who you allow in your inner circle and who you don't, and why.

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### **INTERACTIVE SESSION #5: Building your Fences**

In this interactive session, you will explore your ability to set healthy firm boundaries by identifying and exploring the limits you currently set in your life. You will learn to listen to both your head and heart when building your “fence”, and practice setting boundaries with grace.

### **EXPLORE & EXPERIENCE EXERCISE:**

Time to Budget: 1.5 - 2 hours

With more insights and tools in your toolbelt, you'll share with your Study Buddy who in your life influences you most, why you believe that is the case, and how you do/ don't set appropriate boundaries with them. You will also discuss an action plan for making changes (if you choose to do so).

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## **SECTION THREE**

### **Interactive Sessions 6 – 8**

### **Key Focus: Motivations**

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### **INTERACTIVE SESSION #6:**

### **Exploring Motivation: The Beliefs Behind our Actions**

Motivation can come from many different places and your level of motivation can wax and wane quickly depending on your experience in “this thing” we call life. In this session, we'll explore motivation, specifically looking at what motivates you, if you are motivated and what beliefs influence your motivation.

### **EXPLORE & EXPERIENCE EXERCISE:**

Time to Budget: 1 - 1.5 hours

In this sharing session with your Study Buddy, you will wrestle with your personal motivation. You'll share your top 3 motivators and top de-motivators, and seek to understand more about the beliefs that influence these.

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## **INTERACTIVE SESSION #7:**

### **Exploring Motivation: The Values Behind our Actions**

Motivation can come from many different places and your level of motivation can wax and wane quickly depending on your experience in “this thing” we call life. In this session, we’ll explore motivation, specifically looking at what motivates you, if you are motivated and what values influence your motivation.

### **EXPLORE & EXPERIENCE EXERCISE:**

Time to Budget: 1 - 1.5 hours

In this sharing session with your Study Buddy, you will wrestle (some more!) with your personal motivation. You’ll share your top 3 motivators and top de-motivators, and seek to understand more about the beliefs that come into play with motivation.

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## **INTERACTIVE SESSION #8:**

### **Defining Motivation: Up Close & Personal**

In this session, you’ll start to develop your personal mottos or taglines for motivation. We’ll hone in on what really matters to you by reviewing your work to date and asking ourselves some key questions about our attitudes, behaviors, and experiences.

### **EXPLORE & EXPERIENCE EXERCISE:**

Time to Budget: 1.5 - 2 hours (both with/without your Study Buddy)

Now that you have a better understanding of what influences your motivation, you are now equipped to create your personal motivation motto or “tagline”. Distill it down to 5 words or less that you feel great about! It might be “Believe in Yourself” or “Work Hard” or “Step Outside Your Comfort Zone”. The key here is to hone in on YOUR motivator(s), not someone else’s!

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## **SECTION FOUR**

### **Interactive Sessions 9 – 10**

### **Key Focus: Social Skills**

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## **INTERACTIVE SESSION #9:**

## **Sift and Sort**

(Description) Think about the “snowglobe” all shaken up? At first, it is blurry inside and all covered in “snow”, but over time, the blurriness fades and you see the figures with great clarity and light. You are not unlike that shaken snowglobe.

During our time together, we’ve talked about, and perhaps even challenged, your beliefs, boundaries, motivations, and values, and that discovery process has no doubt shaken you up! You may feel a bit blurry, confused, and unsettled; or perhaps you’re starting to gain clarity. Either way, how you go forward with what you have brought into your awareness is the next question?

First, don’t beat yourself up. Own how you feel, think, and act. Understand the normalcy of the resistance and internal arguments. This is what happens on this journey. During these next several weeks, you will learn and integrate new ways to acknowledge where you are and take action steps to move forward.

### **EXPLORE & EXPERIENCE EXERCISE:**

Time to Budget: 1.5 hours

Notice how many times you feel or do “x”. This will be a personal exercise depending on what your ‘thing/things’ are. Be proactive about feeling what you feel and use your new tools to lift yourself back up. Post on Your Masterful Hub and get points!

Member of the Week/Month – encourage people to post what they’re experiencing.

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### **INTERACTIVE SESSION #10:**

#### **Owning Your Experience While Honoring Others**

As you begin to feel, speak and act differently, people may not always “appreciate” or understand the new you! You don’t have to justify, explain, or validate how you choose to show up, but it is important to not let the proverbial “pendulum” swing too far. Remember: you have changed, they have not.

In this session, we’ll explore a few tools to assist you as you continue to explore your new path.

It is also time to explore what’s next.

To keep going with what you’ve learned so far, there are a few different paths. You could

- 1) do more of the current work in a specific area (group coaching),
- 2) complete a Trainer Certification Program,
- 3) move on to Teamwork Skills.

To know which path best fits where you are right now, we'll guide you through asking some key questions to get you right where you need to be.

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**Want more information?**

Visit: <https://www.masterfulu.com>

email: [info@masterfulu.com](mailto:info@masterfulu.com)

Call: (929) 290 0056