

Unit	Lesson
Important Life Skills	Choosing Purpose Social Skills Healthy Relationships Successful Decision-Making Wrap-Up: Important Life Skills
Mindfulness	Engineering Consciousness Mindfulness Practices and Principles Healthy Communication Knowing Yourself Wrap-Up: Mindfulness
Barriers to Success	Making Powerful Decisions Crisis Management Pain to Purpose Dealing with Trauma Wrap-Up: Barriers to Success
Redirecting My Life	Introduction to Substance Abuse Intervention Can Help You Social and Self Awareness Skills Coping Strategies Wrap-Up: Redirecting My Life