

Lesson Plan: Lesson 3. Empowered by the Truth

Lesson Introduction

In this lesson you will learn about the unique part of you that is often overlooked when we look at peak performance and reaching our full potential. Sharing with you examples of empowered individuals who have realised 'Truth'.

In this lesson we will cover the following:

1. Becoming empowered by the Truth.
2. Empowered individuals.
3. What is Truth?

This lesson provides a foundation to learning the SEJ process.

Learning Objectives:

Students will learn:

- What Truth is.
- How to live an extraordinary life.
- A meditation technique.

Learning Outcomes:

Students will be able to:

- Understand how 'Truth' empowers them to reach their full potential.
- See the role 'Truth' plays in the SEJ Process.
- Meditate to access Truth.

Key Message for lesson 3

'To be extraordinary you must go beyond the mind and access Truth'.