

FOCUS ENHANCEMENT: WEEKLY LESSON PLAN

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Week	Theme of the Week	Key Learning Objectives	Home Assignments	Mastery Exercise
Week 1	The unique you	<ol style="list-style-type: none"> 1. Introduction to the program 2. Program rules and grading 3. What is the most important job of the human mind? 4. What makes you unique? 5. Nurturing Your Unique Potential: How to compete with yourself <p>In session activity What makes you unique</p> <p>New frameworks introduced Weekly tracking framework Weekly target sheet</p>	<ol style="list-style-type: none"> 1. Weekly tracking 2. Learning assessment case study 3. Mastery exercise audio file <p>Duration:30-40 mins daily</p>	<p>Level 1: Duration 12 mins Basic Pranayama Varieties</p>
Week 2	The most valuable skill in the entire universe!	<ol style="list-style-type: none"> 1. Previous week's performance assessment 2. What is attention? 3. What is will power? 4. Introduction to 'Mind in Action' model 5. Why the mind goes on an autopilot mode? 6. What are instant gratifications? 7. What is the mother of all skills on the planet? 8. How to cultivate this skill over 3 months <p>In session activity 1. My distraction map</p> <p>New frameworks introduced 1. Power session assertion (academic) 2. Iterations framework (academic) 3. Mastery exercise log</p>	<ol style="list-style-type: none"> 1. Weekly tracking 2. Learning assessment case study 3. Mastery exercise audio file & log 4. Daily attention exercise <p>Duration:30-40 mins daily</p>	<p>Level 2 Duration:15 mins Level 1+ New core sitting asanas energy activation exercises</p> <p>+</p> <p>Daily attention exercise (a 12 min exercise to calm the mind and improve control attention) -Optional -Can be done anytime anywhere on the go -Specific asana not required</p>
Week 3	The foundation of a steady mind	<ol style="list-style-type: none"> 1. Previous week's performance assessment 2. What are the key parts of the mind? 3. Memory, Intellect & Identity 4. How these work together to 	<ol style="list-style-type: none"> 1. Weekly tracking 2. Learning assessment case study 3. Mastery exercise audio file & log 	<p>Level 3 Duration:18 mins Level 2+ Innerbath technique</p>

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Week 3 Ctnd.		<p>create thoughts?</p> <ol style="list-style-type: none"> Elements of effective memorization Memory improvement techniques What is the foundation of a steady mind? How to build it every day:Introduction to Innerbath technique <p>In session activities</p> <ol style="list-style-type: none"> My identity chart Dominant identity map <p>New frameworks introduced</p> <ol style="list-style-type: none"> SCCR self assessment(subject chapter concept rating) 	<ol style="list-style-type: none"> Upcoming week preparation:Insights exercise(happiest & saddest Memories) 	
Week 4	The most powerful nutrient for the mind	<ol style="list-style-type: none"> Previous week's performance assessment What are goals? Process Vs. Outcome goals Importance of process goals What is purpose? How does it nourish the mind? How to find your purpose? <p>In Session Activity</p> <ol style="list-style-type: none"> Creating process goals What matters to you the most <p>Monthly performance review</p>	<ol style="list-style-type: none"> Weekly tracking Learning assessment case study Mastery exercise audio file & log SCCR framework <p>Duration: 40-50 mins daily</p>	Level 4 Duration:21 mins Level 3+Rhythmic Breathing
Week 5	Being in a state of joy	<ol style="list-style-type: none"> Previous week's performance assessment Why is the old 'Formula for success' broken? Why do we feel energetic when we are happy? Being Happy Vs. Being Joyful Secret of the most focussed people on the planet <p>In Session Activity</p> <ol style="list-style-type: none"> Walk down the memory lane What makes me joyful <p>New frameworks introduced</p> <p>Impulse control log</p>	<ol style="list-style-type: none"> Weekly tracking Learning assessment case study Mastery exercise audio file & log Upcoming week preparation:Insights exercise (happiest & saddest memories) <p>Duration:40-50 mins daily</p>	Level 5 Duration:22 mins + 12 min Rejuvenation Exercise Audio -To Rejuvenate the mind -Optional Can be done anywhere anytime -No specific asanas

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Week 6	The most powerful mental software	<ol style="list-style-type: none"> 1. Previous week's performance assessment 2. What is mental software? 3. Why does the mind create its own software? 4. Most powerful software of the mind:Belief 5. What is belief and how strongly it impacts everything we do? 6. How create new beliefs and nurture them? <p>In Session Activity</p> <ol style="list-style-type: none"> 1. Identifying limiting beliefs 2. Creating new beliefs <p>New Framework Introduced</p> <ol style="list-style-type: none"> 1. Thought record 	<ol style="list-style-type: none"> 1. Weekly tracking 2. Learning assessment case study 3. Mastery exercise audio file & log 4. Thought record <p>Duration:40-50 mins daily</p>	<p>Level 6 Duration:23 mins</p>
Week 7	When does the mind perform at its best?	<ol style="list-style-type: none"> 1. Previous week's performance assessment 2. When does the mind perform at its best? 3. When does the mind does not perform at its best? 4. What is visualization & how it helps the mind perform 5. Process Vs. Outcome visualization 6. What is gratitude and why is it so critical to visualize effectively? <p>In Session Activity</p> <ol style="list-style-type: none"> 1. What are your grateful about? 2. Creating process visualization for 4 exam scenarios <p>New Framework Introduced None</p>	<ol style="list-style-type: none"> 1. Weekly tracking 2. Learning assessment case study 3. Mastery exercise audio file & log 4. Thought record 5. Visualization exercise <p>Duration:50-60 mins daily</p>	<p>Level 7 Duration:24 mins</p> <p>Visualization Exercise Audio(15 mins) -4 scenarios(3 process+1 outcome)</p>
Week 8	Freeing up your mind further: Shame,guilt & regrets	<ol style="list-style-type: none"> 1. Previous week's performance assessment 2. What is mindset? 3. Fixed Vs. Growth mindset 4. The DNA of growth mindset 5. How your interpretation of the past prevents you from embracing growth mindset <p align="center">Monthly performance review</p> <p>In Session Activity</p> <ol style="list-style-type: none"> 1. Letting go of guilt & regrets 	<ol style="list-style-type: none"> 1. Weekly tracking 2. Learning assessment case study 3. Mastery exercise audio file & log 4. Thought record 5. Visualization exercise <p>Duration:50-60 mins daily</p>	<p>Level 8 Duration:26 mins</p> <p>Level 6 + paying attention to breath</p>

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Week 9	Freeing up your mind further: Understanding your fears	<ol style="list-style-type: none"> 1. Previous week's performance assessment 2. What is fear? 3. What do we fear & when do we feel fear? 4. Why fear reduces focus? 5. Anatomy of fear of failure 6. Fear & growth mindset 7. How to use your fears to your own advantage? <p>In session activity</p> <ol style="list-style-type: none"> 1. Framework to analyze your fear of failure 2. Action plan to act on your fears <p>New frameworks introduced</p> <p>None</p>	<ol style="list-style-type: none"> 1. Weekly tracking 2. Learning assessment case study 3. Mastery exercise audio file & log 4. Thought record 5. Visualization exercise <p>Duration:50-60 mins daily</p>	Level 9 Duration:26 mins
Week 10	Freeing up your mind further: Overcoming your fears	<ol style="list-style-type: none"> 1. Previous week's performance assessment 2. Why students get stressed during exams? 3. What is the root cause of fear of failure & stress? 4. How hiding your deepest fears from yourself and others can damage your mind? 5. Case studies on:Fear of losing vs. Excitement of gaining? <p>In session activity</p> <ol style="list-style-type: none"> 1. Coming face to face with your fears 2. What are you excited about gaining? 3. 1 min breathing technique to dissipate fear 	<ol style="list-style-type: none"> 1. Weekly tracking 2. Learning assessment case study 3. Mastery exercise audio file & log 4. Thought record 5. Visualization exercise <p>Duration:50-60 mins daily</p>	Level 10 Duration:26 mins

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Week 11	The one thing that will determine your long term success	<ol style="list-style-type: none"> 1. Previous week's performance assessment 2. Why most people give up easily? 3. What is it that stops the few people from giving up? 4. What is grit?; What is resilience? 5. DNA of Grit 6. How can grit be cultivated? <p>In session activity</p> <ol style="list-style-type: none"> 1. Creating a personalized grit motto & recording it <p>New frameworks introduced</p> <ol style="list-style-type: none"> 1. 100 days grit challenge 	<ol style="list-style-type: none"> 1. Weekly tracking 2. Learning assessment case study 3. Mastery exercise audio file & log 4. Thought record 5. Visualization exercise <p>Duration:50-60 mins daily</p>	<p>Level 11 Duration:26 mins</p>
Week 12	Striking a balance within	<ol style="list-style-type: none"> 1. Previous week's performance assessment 2. What is meant by inner balance 3. Is achieving such a state even possible? 4. 4 pillars of inner balance 5. How the program has already helped you bring a little balance within? <p>Program performance review & awarding certificate Program feedback</p>	<ol style="list-style-type: none"> 1. Weekly tracking 2. Learning assessment case study 3. Mastery exercise audio file & log 4. Thought record 5. Visualization exercise <p>Duration:50-60 mins daily</p>	<p>Level 12 Duration:26 mins</p> <p>Additional audio files to continue the mastery exercise even after the program</p>