

Summit To Success, Inc.

With opportunity comes obligation. Together, we climb. One child, one community, one nation at a time.

Life Skills Curriculum

Module 1: Mindset

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This module helps you learn how to separate who you are from labels, comparison, and short-term outcomes so you can keep going when things feel difficult.

What This Module Is About

This module teaches one core skill:

How to stop confusing moments, labels, and comparison with who you are.

Many students quietly decide what they are capable of based on:

- comments from adults
- comparison to peers
- social pressure
- one bad result
- embarrassment
- public ranking or visibility

Over time, those moments can turn into beliefs.

This module helps you learn how to:

- notice those beliefs forming
- interrupt them before they limit effort
- treat setbacks as information, not judgment
- continue trying without needing perfect confidence

The goal is not confidence.

The goal is clarity, so you keep going even when confidence drops.

The One Idea to Carry With You

What happens to you is not the same as what it means about you.

Students who understand this:

- try longer
- recover faster
- quit less often
- compare themselves less destructively
- think in years instead of moments

Everything in this module points back to that idea.

How This Module Works

This module uses three simple steps:

1. Notice how beliefs form
2. Interrupt unhelpful conclusions

3. Redirect effort without self-judgment

There are:

- no grades
- no tests
- no forced sharing

Short answers are okay.

One or two sentences is enough.

Disagreement is okay too.

Part 1: How Beliefs Start

Exercise 1 — Labels That Stuck

Answer briefly:

- What is one label or message you remember hearing about yourself?
- Who did it come from?
- Did you treat it as feedback — or as truth about who you are?

A message repeated is not the same as a fact.

Exercise 2 — Comparison Distortion

Answer:

- Who do you usually compare yourself to?
- What are you actually seeing — effort, background, support, and time, or just outcomes?
- How does comparison usually affect your willingness to try?

- Does comparison make you rush, avoid trying, hide mistakes, or feel “behind”?

Comparison almost always removes context.

Part 2: The Skill — Slowing the Conclusion

This is the core skill of the module.

Exercise 3 — The Conclusion Check

Answer:

- Think of one recent setback, mistake, embarrassing moment, or uncomfortable situation.
- What did you immediately conclude about yourself?
 - (“I’m bad at this.” “I’m slow.” “I’m not like them.”)
- What is one alternative explanation that does not judge your ability or worth?

This is not positive thinking.

It is slowing the story you tell yourself.

Part 3: Pressure and Perception

Exercise 4 — Social Pressure Check

Answer briefly:

- In what situations do you feel most judged or compared?
- How do social media, school, friends, or public attention affect how you see yourself?
- Have you ever changed your behavior mainly to avoid embarrassment or judgment?
- What pressure affects you most:

- comparison,
- approval,
- popularity,
- image,
- or fear of failure?

Not all pressure is loud.

Some pressure slowly changes how people think about themselves.

Part 4: Taking It Into Real Life

Exercise 5 — Label Interruption (3–5 Days)

For the next few days, do one thing:

When you notice yourself labeling your ability, write:

- the situation
- the label
- one neutral alternative explanation

That's it.

No fixing.

No motivating.

Just noticing and interrupting.

Examples:

- “This is new for me.”
- “I compared my beginning to someone else’s experience.”

- “I made one mistake and treated it like identity.”

Progress often starts with noticing.

Optional Activity — Testing Assumptions

This section is optional.

Choose one small situation where you normally:

- stay quiet,
- avoid trying,
- overthink,
- or assume people are judging you.

Before the situation:

- write what you think will happen.

After the situation:

- write what actually happened,
- and whether your assumption was fully accurate.

Some fears grow stronger when never tested.

Part 5: Locking the Learning

Exercise 6 — What Changed?

Answer:

- Which labels showed up most often?
- Did interrupting the label change how long you stayed stuck?

- Did it affect whether you kept trying?
- What situations affect your thinking the most?

Progress often looks like continuing, not feeling better.

Direction Check

Exercise 7 — Thinking Forward

Answer:

- If you stop defining yourself by moments and comparison, what stays true about you?
- Five years from now, what kind of effort do you want to be known for?

Focus on direction, not outcomes.

You're Done When...

You are finished with this module when you can honestly say:

- I can name at least one label or comparison that has influenced how I see myself
- I understand the difference between what happened and what I concluded about myself
- I practiced slowing down a negative conclusion instead of immediately judging my ability
- I noticed at least one form of pressure affecting my mindset
- I practiced interrupting labels instead of automatically believing them
- I can describe the kind of effort or direction I want to build going forward

You do not need to feel confident.

You do not need to feel “better.”

If you noticed, tried, and kept going — you are done.

About How Long This Takes

- Reading and writing: 60–90 minutes total
- Label interruption activity: 3–5 days (short daily notes)
- Optional activity: one small real-life situation

You can take this slowly.

You can come back to it.

What This Module Is Not

This module is not:

- therapy
- motivation
- self-esteem training
- forced positivity
- denial of hardship

It acknowledges:

- pressure,
- comparison,
- embarrassment,
- and inequality —

while teaching you how not to let those things decide your future.

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