














## FRAMEWORK & OUTLINE

Students work through 32 practical tools that help them develop skills in wellbeing, resilience, enterprise, and leadership.

The 4 Big Decisions are the fundamental component of our programs under which these tools are categorised

 <p><b>Decide to be happy</b></p> <ul style="list-style-type: none"> <li>• Focus on long-term happiness.</li> <li>• Make the best of your current situation.</li> <li>• Acknowledge your strengths, affirm yourself, and express gratitude.</li> </ul>	 <p><b>Decide to goal plan</b></p> <ul style="list-style-type: none"> <li>• Set long-term goals and break them down into achievable steps.</li> <li>• Find your purpose and increase perseverance and motivation.</li> </ul>	 <p><b>Decide to send stars</b></p> <ul style="list-style-type: none"> <li>• Use positive communication.</li> <li>• Improve the quality of your communication, relationships, confidence, and success.</li> </ul>	 <p><b>Decide to grow</b></p> <ul style="list-style-type: none"> <li>• Step out of your comfort zone.</li> <li>• Try a new perspective or action to help you achieve your goals.</li> </ul>
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Under the context of the 4 Big Decisions, the core tools and concepts taught to young people across the Accelerate Personal Leadership Program are as follows:

<p><b>Week 1</b></p> <ul style="list-style-type: none"> <li>• Stars &amp; black hole symbolism</li> <li>• Self-image aura</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Four stages of learning</li> </ul>	<p><b>Week 2</b></p> <ul style="list-style-type: none"> <li> • Decide to use star communication</li> <li>• Star-filled environment starters</li> </ul> <hr/> <ul style="list-style-type: none"> <li> • Self-image</li> <li>• Comparison analyser</li> </ul> <hr/> <ul style="list-style-type: none"> <li> • Success definer</li> <li>• Happiness definer</li> </ul>	<p><b>Week 3</b></p> <ul style="list-style-type: none"> <li> • Decide to be happy</li> <li>• Random acts of kindness</li> <li>• Gratitude list</li> </ul> <hr/> <ul style="list-style-type: none"> <li> • Decide to grow</li> </ul> <hr/> <ul style="list-style-type: none"> <li> • Personal leadership</li> <li>• Archetypes</li> </ul>	<p><b>Week 4</b></p> <ul style="list-style-type: none"> <li> • Self-talk identifier</li> <li>• Communication codes</li> </ul> <hr/> <ul style="list-style-type: none"> <li> • Boat analogy</li> <li>• Change loop</li> </ul> <hr/> <ul style="list-style-type: none"> <li> • Habits and attitudes</li> </ul>
<p><b>Week 5</b></p> <ul style="list-style-type: none"> <li>• Decide to goal plan</li> <li>• Seven areas of your life</li> <li>• Long term goals</li> <li>• Weekly planner</li> </ul>	<p><b>Week 6</b></p> <ul style="list-style-type: none"> <li> • Cat-kicking avoider</li> <li>• Assertive messages</li> <li>• IGAP ("I've got a problem")</li> </ul>	<p><b>Week 7</b></p> <ul style="list-style-type: none"> <li> • Four big decision habits</li> <li>• Habit training tools</li> </ul>	<p><b>Week 8</b></p> <ul style="list-style-type: none"> <li> • Road blocks</li> </ul> <hr/> <ul style="list-style-type: none"> <li> • Self-image intelligence</li> </ul>