

INSTRUCTIONAL SYSTEMS INC.

YOU CAN MAKE IT HAPPEN

Nine Steps to Success

INTRO - The Success Process

Lesson 1 - Out of Control

Lesson 2 - Gaining Control Again

Lesson 3 - Negative Influences

Lesson 4 - Positive Influences

Lesson 5 - Realistic Job Goals

Lesson 6 - Community Support

CHAPTER 1 - Check Your ID

Lesson 1 - Validating Your ID

Lesson 2 - Self Knowledge is Where Success Begins

Lesson 3 - Confidence

Lesson 4 - Competence

Lesson 5 - Capability

Lesson 6 - Children Learn What They Live

Lesson 7 - Self Examination and Self Renewal

Lesson 8 - Checking Your Own ID

CHAPTER 2 - Creating Your Vision

Lesson 1 - Vision

Lesson 2 - Knowing What You Want

Lesson 3 - Forming a Vision

Lesson 4 - Making Choices

Lesson 5 - Setting Goals

Lesson 6 - Your Goals

Lesson 7 - Sharing Your Goals

CHAPTER 3 - Developing Your Plan

Lesson 1 - Your Magic

Lesson 2 - Goals + Plan = Magic

Lesson 3 - Plan to Reach Your Goals

Lesson 4 - Bridging the Gap

Lesson 5 - Making Time

Lesson 6 - Making a Schedule

CHAPTER 4 - Mastering the Rules of the Road

Lesson 1 - Never Give Up on Your Dreams

Lesson 2 - Perseverance
Lesson 3 - Social Health
Lesson 4 - Places for Social Activities
Lesson 5 - Mental Health
Lesson 6 - Spiritual Health
Lesson 7 - Connections
Lesson 8 - Your Own Rules of the Road
Lesson 9 - Following Your Rules of the Road
Lesson 10 - Good Rules to Live By
Lesson 11 - Balancing Your Roles

CHAPTER 5 - Step Into the Outer Limits

Lesson 1 - Your Comfort Zone
Lesson 2 - Taking Risks
Lesson 3 - Courage
Lesson 4 - Taking Advice
Lesson 5 - Handling Criticism
Lesson 6 - Balancing Risks and Your Vision
Lesson 7 - Weighing the Choices
Lesson 8 - Rules for Risk Taking

CHAPTER 6 - Pilot the Season of Change

Lesson 1 - Managing Change
Lesson 2 - Controlling Anger
Lesson 3 - Dealing With the Emotions of Change
Lesson 4 - Handling the Stress of Change

CHAPTER 7 - Building Your Support Team

Lesson 1 - Getting Support for Your Vision
Lesson 2 - Trust
Lesson 3 - Successful Teamwork

CHAPTER 8 - Winning by a Decision

Lesson 1 - Decision Making
Lesson 2 - Making Big Decisions
Lesson 3 - Considering Alternatives
Lesson 4 - Other Choices
Lesson 5 - Thoughts About Decision Making

CHAPTER 9 - Committing to Your Vision

Lesson 1 - Total Commitment
Lesson 2 - Committing to Your Goals
Lesson 3 - Making Commitments
Lesson 4 - Finishing Off