

# 3 Steps to RECLAIM U!



HBCU kidz, Inc.

How to recycle, rejuvenate and recharge your life!

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# Overview

- Many people feel too stressed to feel blessed. They are looking at their career and feeling unfulfilled. They are looking ahead and can see a better opportunity, but are not sure of how to stretch their wings and GO FOR IT.
- \*This unique and inspiring class discussion teaches and utilizes a simple equation:  
 $E+D+A=$ Personal Freedom to unleash the participant's creative energy to reclaim forgotten DREAMS!

# Long-term goal

- E=Exposure/Exploration
- D=Discipline
- A=Application

Practical tools are thoroughly explained and brought to real world utilization for each participant. Striving to eliminate the FEAR of trying something NEW everyday!

# The Present Situation

- Each participant should come to class prepared with at least 3 old photographs from one's earliest childhood possible.
- Each participant should come to class with the answer to the question: "Are U happy? Why or why not?"

# How are U seeing life right now?

- How are U feeling?
- What are U DOing?
- What is most bothersome to U?
- What is most fulfilling to U?
- What are U striving to DO by 2019?
- Why do U think U feel this way right now?

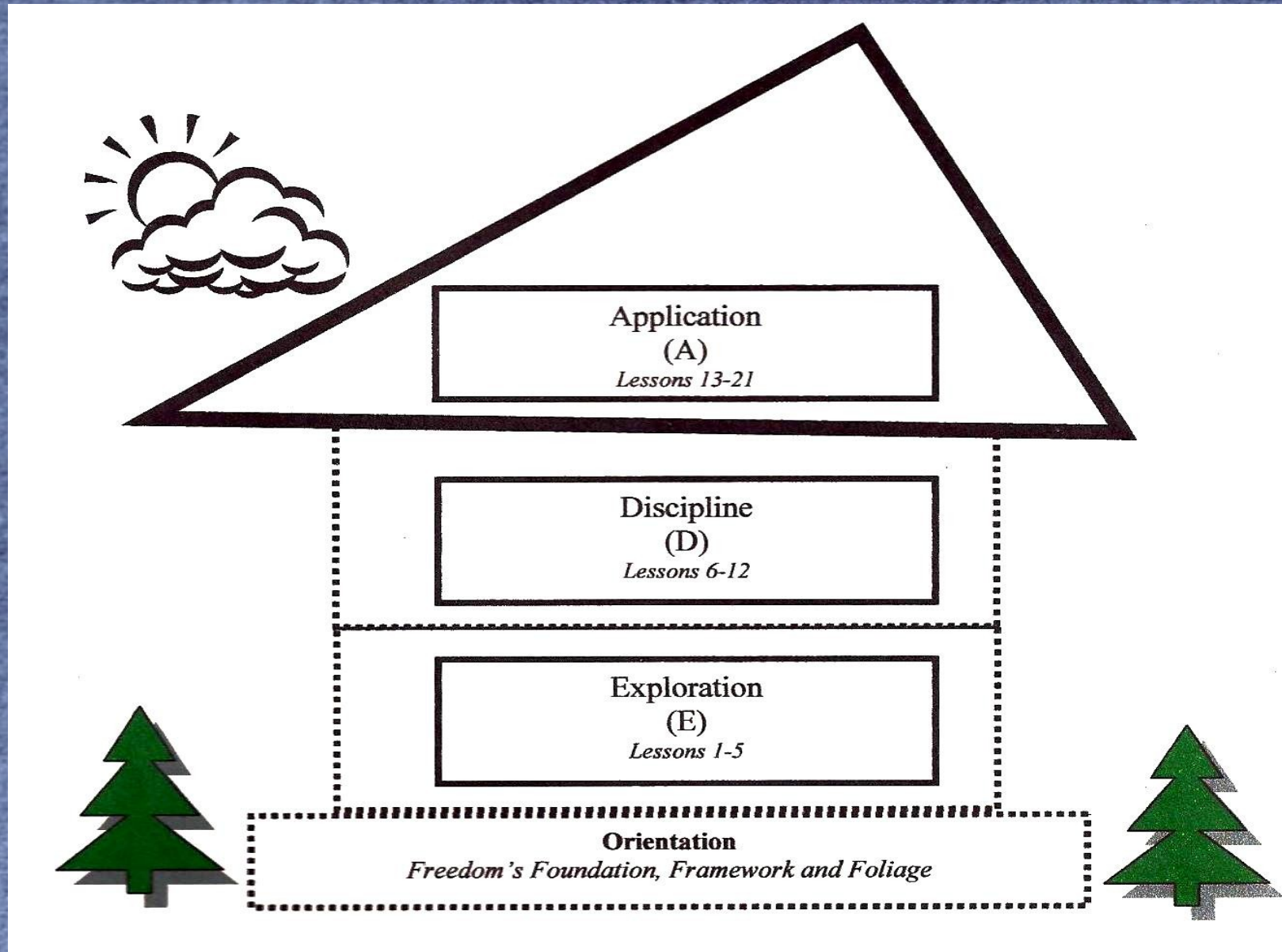
# Course Syllabus

Class 1-Orientation, Introductions, E+D+A=Personal Freedom,  
Definitions of Terms

- Class 2-(E)xploration/Exposure Phase
- Class 3-(D)iscipline Phase
- Class 4-(A)pplication Phase
- Class 5-Dream Collage and Long term GOAL SETTING  
ACTION
- Class 6-Time Management and FOCUS on GETTING IT DONE!
- Class 7- CONCLUSION: Supporting and Supportive  
Relationships versus NAYSAYERS (Personal and Professional)

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# Our Global Village



# What happened before U were born?

- Share your photo if U wish...gives us an idea why U chose THIS specific photo
- Share a little about world events that occurred
- Give a summary of the circumstances in your family
- Name the key people waiting on your arrival
- Share how U know these things

# Conclusion: Class #1

- What did U gain from this hour?
- What were your expectations?
- What could have been covered that would have made it worth your time and effort?
- Would U recommend it to others?
- Why or why not?
- Who would U recommend to attend?

# Next Class

## Class 2-(E)xploration/Exposure Phase

- Class 3-(D)iscipline Phase
- Class 4-(A)pplication Phase
- Class 5-Dream Collage and Long term GOAL SETTING ACTION
- Class 6-Time Management and FOCUS on GETTING IT DONE!
- Class 7- CONCLUSION: Supporting and Supportive Relationships versus NAYSAYERS (Personal and Professional)