



# Hero Mountain Summit 5-Month Online Overview

*Life & Business need to intersect in many ways-we aim to help you in both...*

*Deborah Johnson*

*Content is either dripped for individuals, date-specific, or scheduled weekly for teams and companies. Each lesson must be marked "complete" to continue!*

- Review of issues that are holding you back - grow with re-evaluation
- Establish Mental & Physical Fitness Habits - 3 sessions every week for 5 months
- Weekly Reading/Listening Recommendations with reading "Growth List"
- Establish Journaling Habits-Downloadable journal provided
- 60+ short videos & downloadable MP3s for every session-PDF downloads & certificates

## 1 MONTH ONE: MINDSET·IDENTITY·VALUES

Introduction & Welcome: Free

### ★ Week 1: Unleashing Your Inner Potential

- Building Self Confidence
- Embracing Challenges
- Maximizing Abilities

### Week 2: Cultivating a Growth Mindset

- The Power of Learning
- Overcoming Challenges with Resilience
- Setting and Achieving Stretch Goals

### Week 3: Embracing Your Unique Identity

- Self-Discovery and Acceptance
- Embracing a Positive Mindset
- Unveiling Identities

### Week 4: Living by Your Core Values

- Source of Truth
- Values-Based Decisions
- Aligned Values



## 2 MONTH TWO: SKILLS·COMMUNICATION·ASSESSMENT

*\*a separate Gallup skill assessment will be required in week 5*

### ★ Week 5: Building a Bank of Competencies

- Competency Fundamentals
- Self-Awareness
- Lifelong Learning

### Week 6: Evaluating and Enhancing Your Skill Set

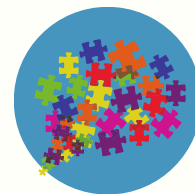
- Skill Assessment
- Soft Skills
- Merging Connections

### Week 7: Mastering Personality & Effective Communication

- Understanding Personality
- Effective Communication
- Emotional Intelligence

### Week 8: The HALFERS TOOL® Empowering Your Journey

- Halfers Tool®
- Your Ideal Destination
- Navigating Challenges



# 3

## MONTH THREE: DREAM•FINANCES•HABITS



### Week 9: Dare to Dream

- Imagination and Creativity
- Exploring Possibilities
- Action Planning with Persistence

### Week 10: Managing Time and Money for Success

- Managing Time
- Managing Money
- Time and Money

### Week 11: Cultivating Habits and Fueling Ambition

- Habits and Routines
- Ambition
- Technical and Adaptive Approaches

### Week 12: Unleashing Compound Possibilities

- Exponential Growth
- Compound Effect
- Increased Opportunities



# 4

## MONTH FOUR: HEALTH•RELATIONSHIPS•PURPOSE•PLAN



### Week 13: Nurturing Health and Fitness for a Fulfilling Life

- Fitness and Wellness
- Nutrition
- Sleep and Relaxation

### Week 14: Cultivating Meaningful & Intentional Relationships

- Basic Intentional Relationships
- Foundational Relationships
- Casual Circle and Team Building

### Week 15: Discovering Your Mission and Purpose

- Self-Reflection and Exploration
- Defining Your Mission
- Making an Impact

### Week 16: Crafting Your Personalized Plan

- Goal Setting and Clarity
- Action Planning and Implementation
- Monitoring and Adapting Goals



# 5

## MONTH FIVE: PLAN•SELF-CARE•LIFELONG LEARNING



### Week 17: Making Emotional Space

- Emotional Awareness
- Challenging Limiting Beliefs
- Cultivating Resilience and Self Confidence

### Week 18: Embracing the Joyful Pursuit of Self-Care & Recreation

- Self-Care
- Recreation
- Broadening Horizons and Cultivating Imagination

### Week 19: Executing Your Plan with Precision

- Values, Mindset and Purpose
- Skills and Competency
- Habits and Relationships

### Week 20: Lifelong Skills for Continuous Growth

- Growth Pattern
- Building Versatile Skills
- Lifelong Learning



*Bonus sessions with Deborah online will be scheduled intermittently*