



curriculum outline

Session One

Welcome to iheart – a new way of understanding your mind

Session Two

Our psychological system is an intelligent system

Session Three

We have everything we need inside!

Session Four

The mechanics of how our psychological system works

Session Five

I feel stressed & anxious – no wonder I am so unmotivated

Session Six

I can't stop worrying about the future

Session Seven

Can we think differently and still get along?

Session Eight

Labels are for Jars, not for people

Session Nine

Help, I'm being bullied! Help, I can't control my anger!

Session Ten

I can't stop using my phone! Am I addicted?

Session Eleven

Summing up my iheart journey

