

READY4Life Essential Components

Essential Components *Mandatory	Love Notes	Mind Matters	Money Habitudes
Communication Skills (Including Expression, Discussion, And Negotiation Skills)*	Lesson 9- What's communication got to do with it Speaker Listener Technique Lesson 10 – Communications Patterns	Lesson 1 – Self-Soothing Lesson 2 – Identifying Emotions Lesson 3 – Expressing Emotions Lesson 4 – Building Empathy Lesson 11 – Asking for Help	
Conflict Resolution, Management, And Problem-Solving Skills*	Lesson 9 – Angry Brains and Power Time Outs Lesson 10 – Complaints and Raising Issues, Hidden Issues, Problem Solving Model	Lesson 1 – Self-Soothing Lesson 2 – Identifying Emotions Lesson 3 – Expressing Emotions Lesson 4 – Building Empathy Lesson 11 – Asking for Help	
Knowledge Of The Benefits Of Marriage*	Lesson 13 - Child Looking for a Family - What About Fathers - Father Absence - Child Speak: Brighter Futures Decisions about Living Together		
Stress And Anger Management*	Lesson 9 – Angry Brains and Power Time Outs - Speaker Listener Technique Lesson 10 - Hidden Issues	Lesson 1 – Self-Soothing Lesson 2 – Identifying Emotions Lesson 3 – Expressing Emotions Lesson 4 – Building Empathy Lesson 5 – Your Support System Lesson 6 – Compassion for the Hijacked Brain, Methods to Build Your Brain Lesson 11 – Asking for Help	
Affection And Intimacy	Lesson 4 – The Chemistry of Attraction Lesson 5 – Seven Principles of Smarts	Lesson 1 – Self-Soothing Lesson 4 – Empathy and Loving Kindness	

	<p>Relationships, Three Sides of Love</p> <p>Lesson 6 – Having Fun – It’s Important</p> <p>Lesson 11 – The Six Parts of Intimacy – Drawing Intimacy Lines and Pacing Relationships</p>	<p>Lesson 5 – Mapping Your Support System</p>	
<p>Expression And Discussion Of Negotiation Skills</p>	<p>Lesson 9 – The Power of Time Outs</p> <p>Lesson 10 – Complain and Raise Issues Effectively</p>	<p>Lesson 1 – Self-Soothing</p> <p>Lesson 2 – Identifying Emotions</p> <p>Lesson 3 – Expressing Emotions</p> <p>Lesson 4 – Building Empathy</p> <p>Lesson 11 – Asking for Help</p>	
<p>Financial Literacy Such As Budgeting, Financial Planning, And Management</p>			<p>Money Habitudes Card Sort (Self-awareness in personal finances)</p>
<p>Parenting Skills (As Applicable)</p>	<p>Lesson 13 – Through the Eyes of a Child</p>	<p>Lesson 1 – Self-Soothing</p> <p>Lesson 2 – Identifying Emotions</p> <p>Lesson 3 – Expressing Emotions</p> <p>Lesson 4 – Building Empathy</p> <p>Lesson 5 – Your Support System</p> <p>Lesson 6 – Compassion for the Hijacked Brain, Methods to Build Your Brain</p> <p>Lesson 11 – Asking for Help</p>	
<p>Trauma And Its Effects On Forming Healthy Relationships (As Applicable)</p>		<p>Lesson 1 – Self-Soothing</p> <p>Lesson 6 – Compassion for the Hijacked Brain</p>	