

Ready4Life Essential Components

Essential Components *Mandatory	Love Notes	Relationship Smarts PLUS	Project WITH	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 – Communication Patterns	Lesson 8 – Communications Patterns Learned in the Family, Speaker Listener Technique	Lesson 12 – I Love You – Focuses on communication in relationships, including expressing admiration, recognizing potential, and maintaining open discussions Lesson 4 – Alone – Includes activities and discussions on developing self-awareness and effective communication through the Johari Window Exercise	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 8 – Patterns that Harm Relationships, Angry Brains and Power Time Outs Lesson 9 – Complaints and Raising Issues, Hidden Issues, Problem Solving Model	Lesson 12 – I Love You – Features scenarios for participants to navigate real-life situations requiring compromise and conflict resolution.	Lesson 1 – Self-Soothing Lesson 2 – Identifying Emotions Lesson 3 – Expressing Emotions Lesson 4 – Building Empathy Lesson 11 – Asking for Help	

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Knowledge Of The Benefits Of Marriage*	Lesson 13 <ul style="list-style-type: none"> - Child Looking for a Family - What About Fathers - Father Absence - Child Speak: Brighter Futures Decisions about Living Together	Lesson 12 <ul style="list-style-type: none"> - What a Child Wants - What About Fathers - Child Speak– Brighter Futures - The Success Sequence 	Lesson 12 – I Love You – Explores the advantages of commitment, including emotional support, stability, and shared growth.		
Stress And Anger Management*	Lesson 9 – Angry Brains and Power Time Outs <ul style="list-style-type: none"> - Speaker Listener Technique Lesson 10 – Hidden Issues	Lesson 8 – Angry Brains and Power Time Outs Lesson 9 - Hidden Issues	Lesson 5 – Our Deepest Fear – Encourages self-reflection on fears and overcoming emotional barriers, promoting stress management strategies.	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	

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Affection And Intimacy	Lesson 4 – The Chemistry of Attraction Lesson 5 – Seven Principles of Smarts Relationships, Three Sides of Love Lesson 6 – Having Fun – It’s Important Lesson 11 – The Six Parts of Intimacy – Drawing Intimacy Lines and Pacing Relationships	Lesson 3 – The Chemistry of Attraction Lesson 4 – Seven Principles of Smarts Relationships, Three Sides of Love Lesson 5 – Having Fun Lesson 10 – Six Parts of Intimacy, Know Your Personal Line	Lesson 8 – Eagle – Focuses on self-control, patience, and the development of mature, committed relationships, emphasizing genuine affection and intimacy.	Lesson 1 – Self-Soothing Lesson 4 – Empathy and Loving Kindness Lesson 5 – Mapping your Support System	
Expression And Discussion of Negotiation Skills	Lesson 9 – The Power of Time Outs Lesson 10 – Complain and Raise Issues Effectively	Lesson 8 – The Power of Time Outs Lesson 9 – Complain and Raise Issues Effectively	Lesson 12 – I Love You – Provides exercises for participants to practice relationship scenarios that involve negotiation and understanding different perspectives.	Lesson 1 – Self-Soothing Lesson 2 – Identifying Emotions Lesson 3 – Expressing Emotions Lesson 4 – Building Empathy Lesson 11 – Asking for Help	
Financial Literacy Such As Budgeting, Financial Planning, And Management					Money Habitudes Card Sort (Self-awareness in personal finances)

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Parenting Skills (As Applicable)	Lesson 13 – Through the Eyes of a Child	Lesson 12 – Unplanned Pregnancy Through the Eyes of a Child		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	
Trauma And Its Effects On Forming Healthy Relationships (As Applicable)			Lesson 5 – Our Deepest Fear – Addresses overcoming past experiences and emotional challenges to foster healthier relationships. Lesson 4 – Alone – Explores the emotional impact of isolation and trauma, promoting resilience through self-awareness and connection.	Lesson 1 – Self-Soothing Lesson 6 – Compassion for the Hijacked Brain	