

On The VERGE

A 5-Week Guide to Self-Actualization

[Self-paced]

Instructor:

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Course Description:

We have all wondered about at least one of these questions: Why me? What is next? Where should I be? What is now? And when will change come? These questions can be tainted by the root in which these questions begin. You may be asking, what do you mean by the root? Well, we start from a place of thinking and that thought started from an experience. Which experiences cause us to begin our thought patterns?

- Is it the thought that your grandmother told you that you can do anything you put your heart to?
- Or your classmate bullying you because of your weight saying the most awful things about you never going to amount to anything?
- Could it be that your parents have always been busy but had money to keep you busy so they have missed all the important moments in your life but believed money would fill those gaps?
- Ok maybe it's this, you see so many people on social media showing off their riches and successes and you just want to have money like them but don't believe that you can ever get money like that since your family never had money, so you live your life somber-watching people online all day.

We are in a world where we all want microwaved healing, microwaved riches, microwaved relationships, microwave everything but not here. I will not teach about how to get rich but something deeper and more important. Life is a process and a very beautiful one when we take the time to experience it. Time is not ours to capture in an instant. The choice will always be yours in this fast-paced society. When do you take the time to slow down and unplug? Your time in this eCourse should be reviewed during your unplugged moments in order to plug back in with a renewed view of your worth and individuality.

This course will unblock mindsets from focusing on the moments that leave you defeated and will guide you through the process of asking yourself the important questions about your personal choices. The guided practices will push you to take steps that are extremely necessary to evolve into the person that you were created to be from the womb. I'll end here: Do you believe you were created with a purpose to fulfill?

Before you answer yes or no, don't worry because this course will help you explore that and more.

Aims and Outcomes:

This course will introduce 5 guiding principles (Vulnerability, Experiences, Relationships, Gratitude, Evaluation) that encourage self-discovery and ways to be more intentional about the individual goals set for yourself. This course will help you examine the impact of societal factors and sub-cultures on the individual decision-making process and how varying groups in society will challenge your integrity. These 5 guiding principles will be examined through visual anchors, worksheets, recorded interviews, surveys, scenarios, reflections, and a powerpoint presentation. Each week will build on the prior weeks with assignments/tasks to further encourage the application of each principle. There will also be a checkpoint quiz at the end of each week.

Students will learn how our experiences can be our friend or a very sneaky enemy. We will dissect the importance of relationship. We will learn about what the posture of grace and gratitude looks like. And lastly, we will learn how to take all of these learnings and collectively evaluate ourselves as the person we are wanting to see show up every day and crush it in this world.

Specific Learning Outcomes:

By the end of this course, students will:

- Apply the Intentional 5, VERGE, guiding principles into their daily life by completion of weekly tasks.
- Describe the 3 experiences associated with fear.
- Differentiate between experiences that harm and empower.
- Explain the correlation between respect and relationships.
- Understanding of how gratitude is experienced as a practice.
- Be able to objectively self-evaluate.

Policies and Values:

Each week, a new lecture will be opened up based on what you have completed and when you have completed it.

Diversity: This eCourse was created for a diverse people and is best understood knowing that this eCourse is gladly open to all people. Whether you have or have not earned a college degree this course is for you.

Integrity: If you fail to do your assignments and are not attentive, it is very simple 1.) you have only cheated yourself or 2.) you may need to start from the beginning with more discipline this time.

Success factor: Success will be determined based on your investment of time, thought, and effort. I will not make you do anything that you are not capable of doing yourself. You are Capable and if help is needed along the way please do not hesitate to send me an email.

Student Expectation:

The eCourse expectation is as easy as ABC:

- Always show up present, open, peaceful, and humble.
- Bring a notebook or journal if you need to write down your thoughts but, in a nutshell, show up knowing that as the student you are also the teacher. *You will get as much out of this eCourse as you choose to put in.*
- Complete all assignments and go back to them as needed.

Week 1: Why Vulnerability?

Aim: Students can describe the 3 experiences associated with fear.

Videos: 3 Videos

Assignments: IGG, 2 Tasks, Mindfulness, Quiz, Weekly Questionnaire

Reading: The Truth about Fear, Chapter 22 of the Intentional 5: VERGE –Confessions of a Disciplined Thought

Week 2: What Experiences?

Aim: Students can differentiate between experiences that harm and empower.

Videos: 2 Videos

Assignments: 2 Tasks, Mindfulness, Quiz, Weekly Questionnaire

Week 3: Which Relationships?

Aim: Students can explain the correlation between respect and relationships.

Videos: 2 Videos

Assignments: 3 Tasks, Mindfulness, Quiz, Weekly Questionnaire

Week 4: Gratitude, How?

Aim: Students will have a better understanding of how gratitude is experienced by definition and examples.

Videos: 2 Videos

Assignments: 3 Tasks, Mindfulness, Quiz, Weekly Questionnaire

Reading: Gratitude Correlation to Well-being, Gratitude in Organizations

Week 5: Evaluation, when?

Aim: Students will be able to objectively self-evaluate at least 3 times a day.

Videos: 2 Scenario Videos

Assignments: 3 Tasks, Mindfulness, Quiz, Weekly Questionnaire

Reading: Chapter 17 of The Intentional 5: VERGE –Confessions of a Disciplined Thought