



Crown Mindset Reset

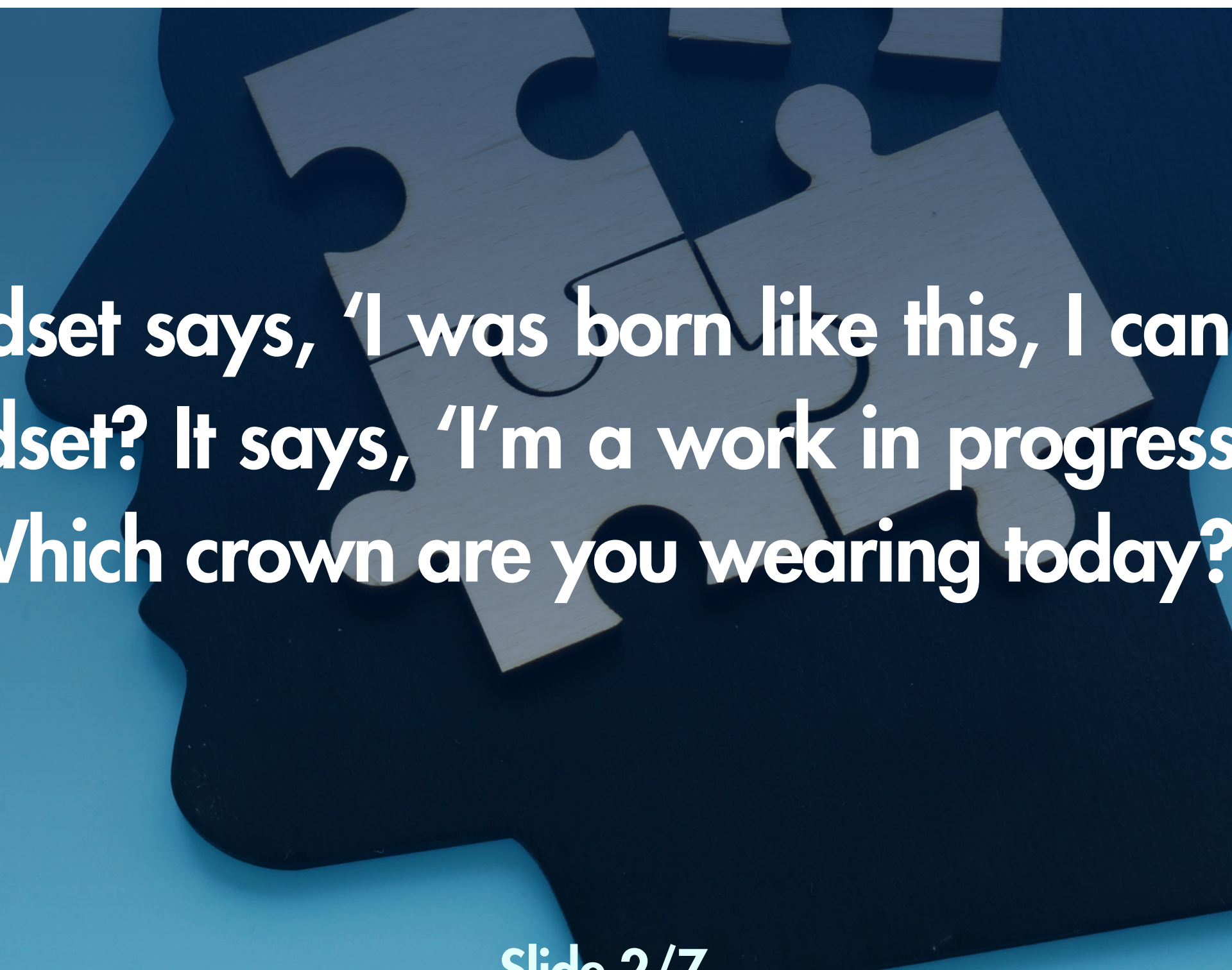
Session 1: Meet Your Mindset



Greetings, young Kings and Queens. Today we begin a journey—and the first step is meeting the voice in your mind. Is it lifting or limiting?

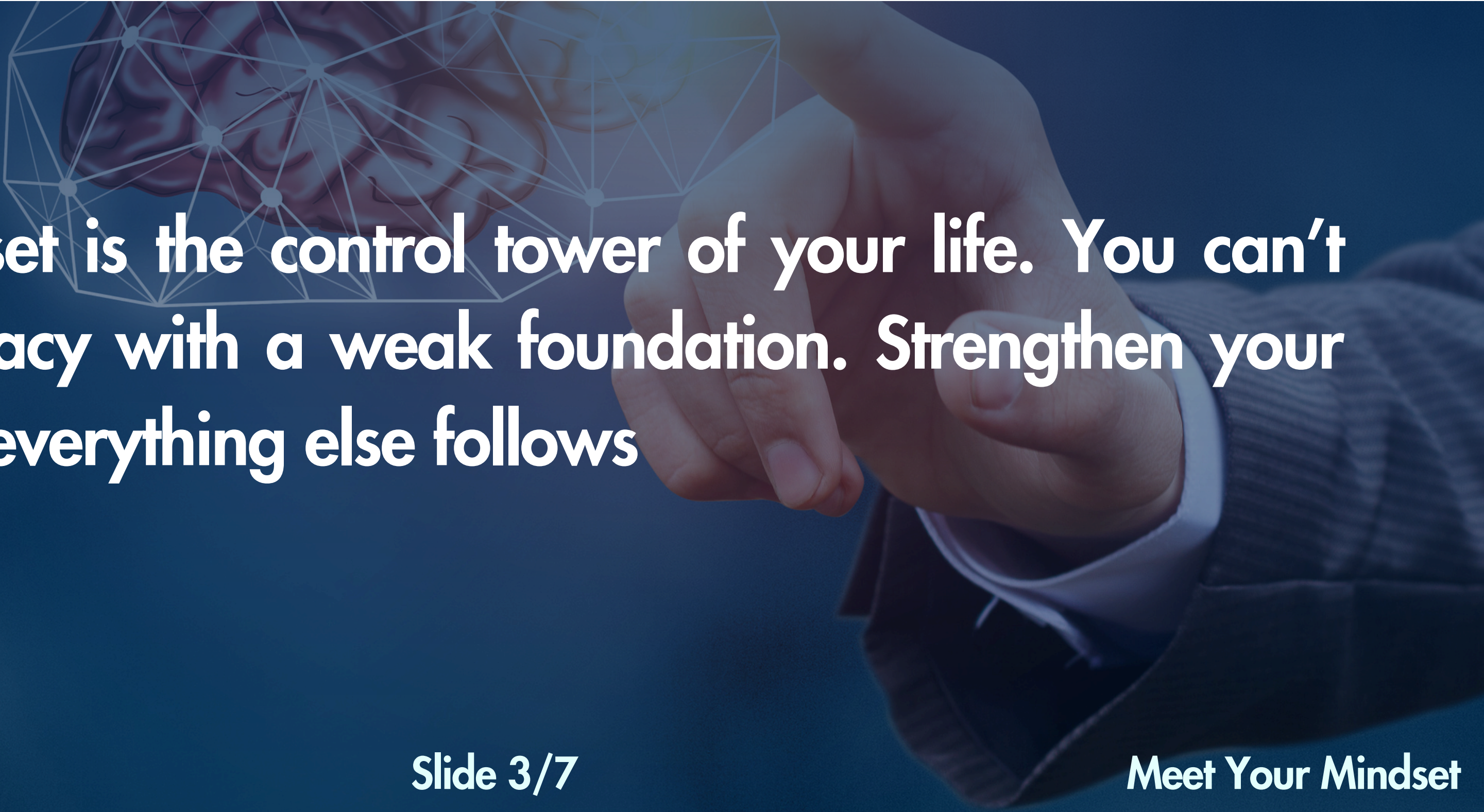


Fixed vs Growth Mindset



A fixed mindset says, 'I was born like this, I can't change.' A growth mindset? It says, 'I'm a work in progress. I can learn. I can rise.' Which crown are you wearing today?

Why Mindset Matters?

A hand in a suit sleeve points towards a brain with a neural network overlay.

Your mindset is the control tower of your life. You can't build a legacy with a weak foundation. Strengthen your thoughts—everything else follows

Morris's Story

There was a time I thought I'd never change. But one decision—one thought—opened a new door. I chose to believe growth was possible. That decision transformed everything

Self-Check Questions

There was a time I thought I'd never change. But one decision—one thought—opened a new door. I chose to believe growth was possible. That decision transformed everything

Reset Break

There was a time I thought I'd never change. But one decision—one thought—opened a new door. I chose to believe growth was possible. That decision transformed everything

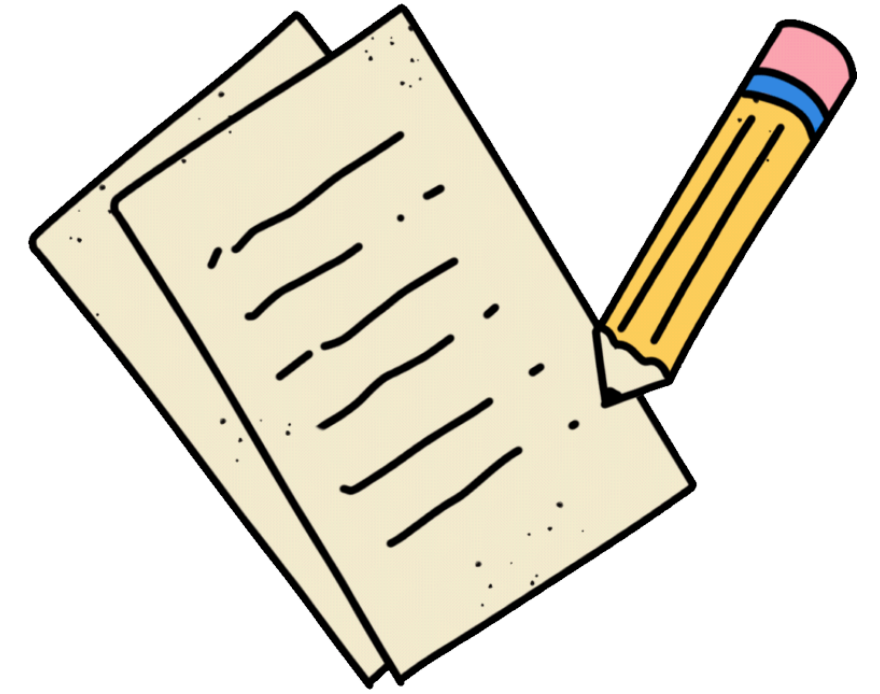
Journaling Prompts

There was a time I thought I'd never change. But one decision—one thought—opened a new door. I chose to believe growth was possible. That decision transformed everything

End Of Session 1



Session 2: Rewriting Your Script



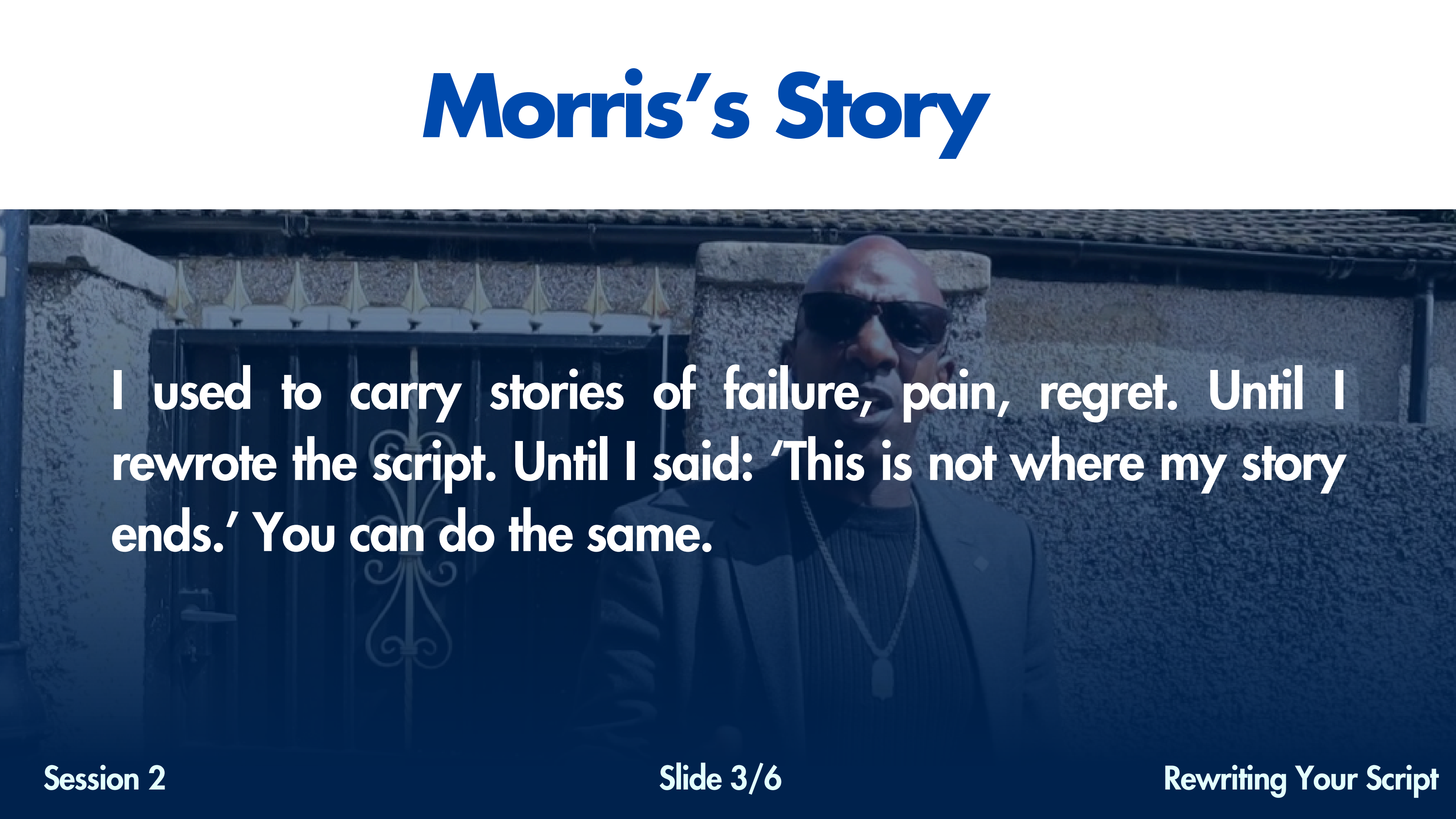
Greetings, Kings & Queens. Today, you become the author of your next chapter. Not the victim of the last one



What's the Story You're Telling?

Are you telling yourself: 'I'm not good enough'? Or are you saying: 'I'm learning, I'm growing, I'm rising'? Your self-talk writes your life.

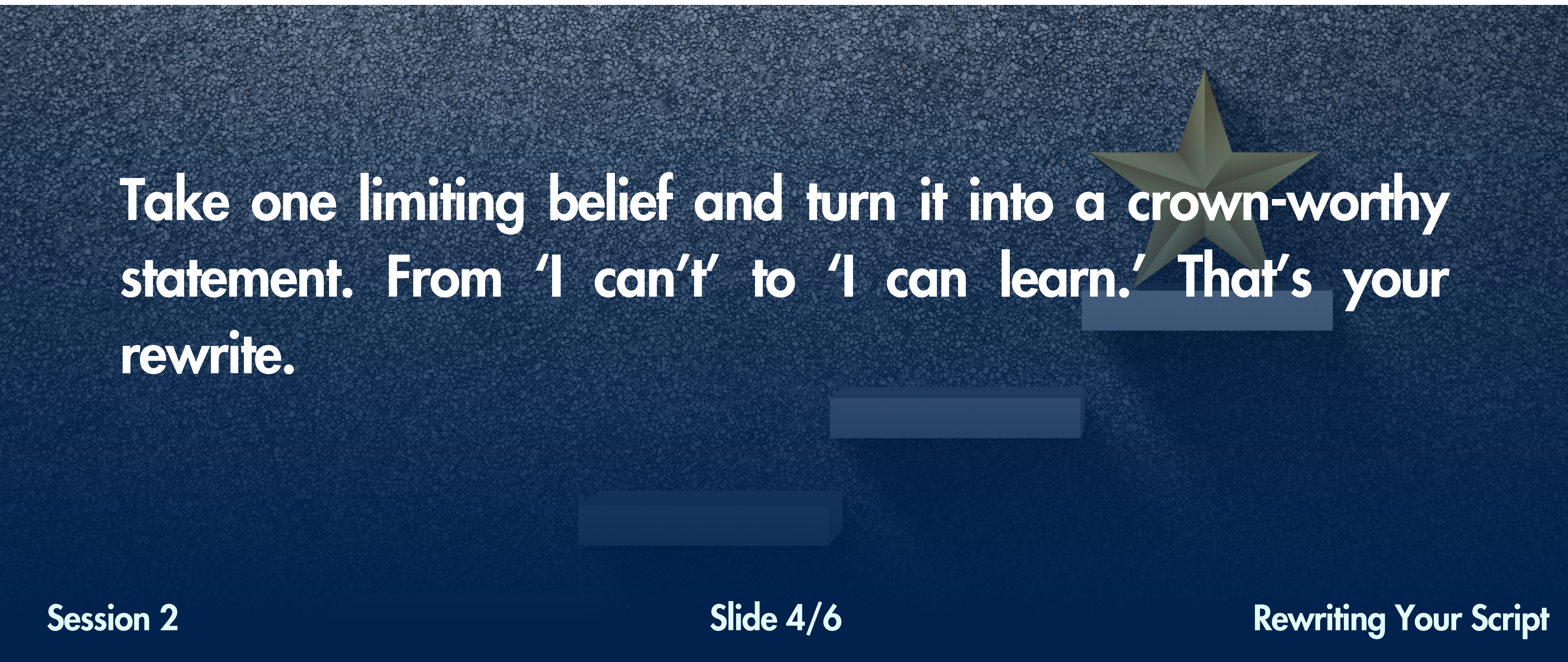
Morris's Story

A photograph of actor Morris Chestnut, wearing a dark suit, a dark shirt, and dark sunglasses. He is standing in front of a stone wall with a decorative metal gate. The image is overlaid with a semi-transparent dark blue filter.

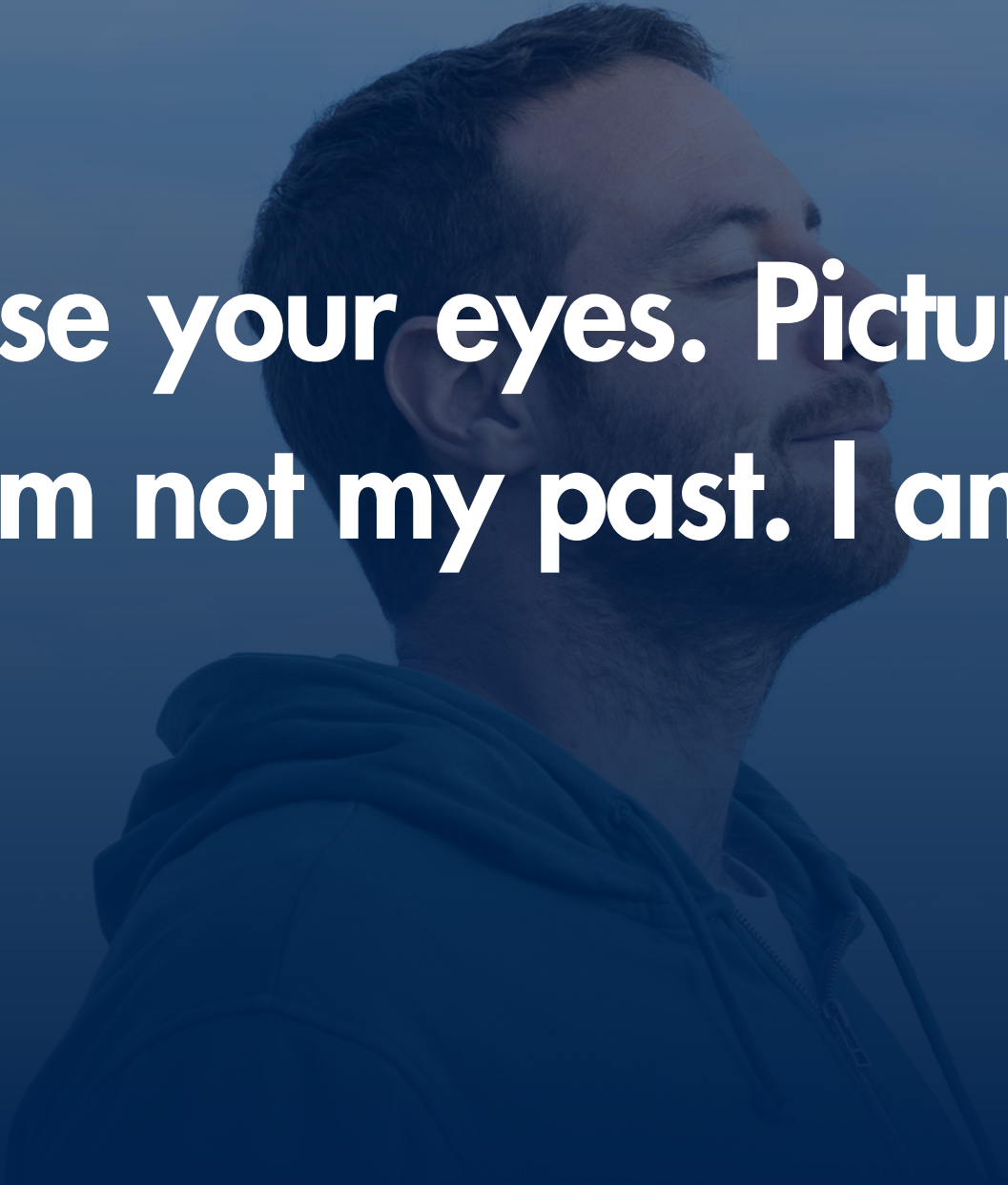
I used to carry stories of failure, pain, regret. Until I rewrote the script. Until I said: 'This is not where my story ends.' You can do the same.

Flip the Script Activity

Take one limiting belief and turn it into a crown-worthy statement. From 'I can't' to 'I can learn.' That's your rewrite.

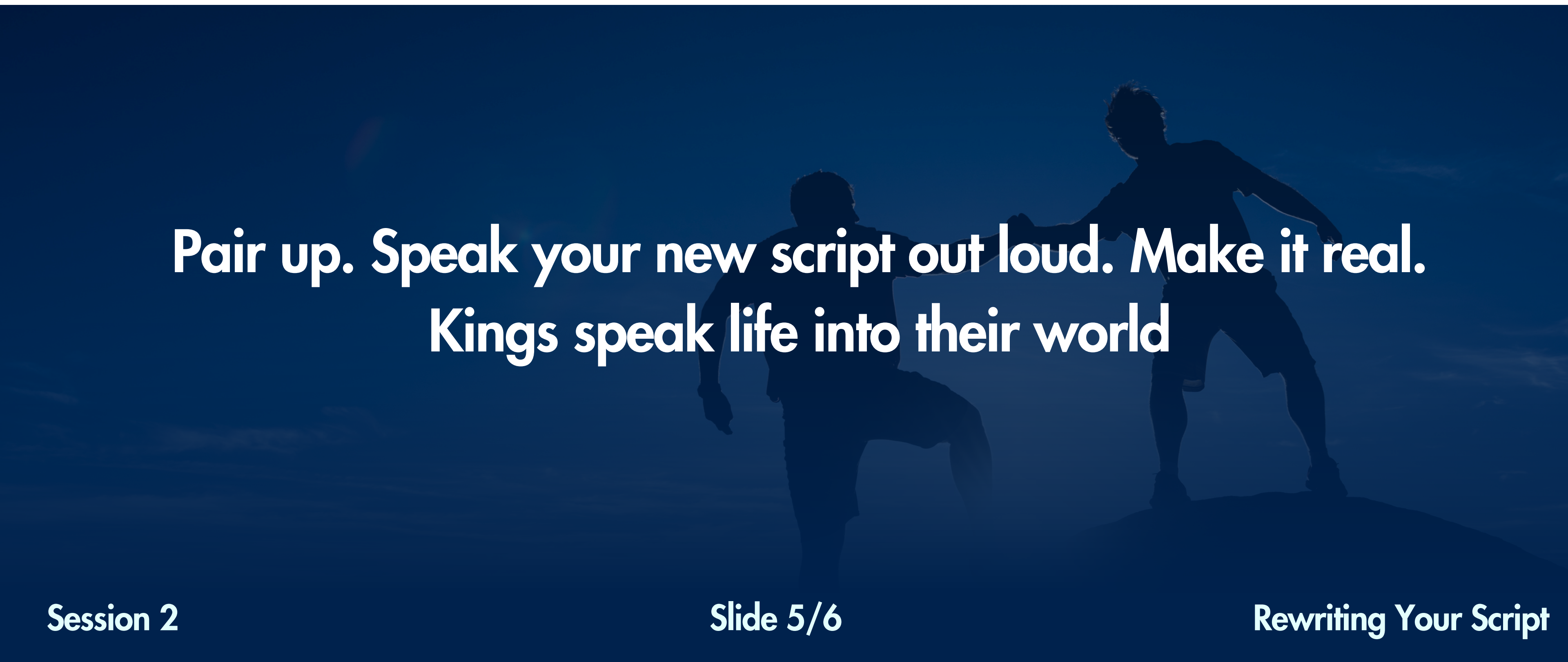


Reset Break



Close your eyes. Picture the new version of yourself. Say:
'I am not my past. I am who I choose to become'

Role-Play & Buddy Check

The background of the slide features a dark blue gradient with silhouettes of two people on a beach at sunset. One person is in the foreground, facing away from the camera with their arms outstretched towards the horizon. Another person is slightly behind and to the right, also with their arms outstretched. The sun is low on the horizon, creating a bright glow and long shadows.

**Pair up. Speak your new script out loud. Make it real.
Kings speak life into their world**

ANY
QUESTIONS?

End Of Session 2



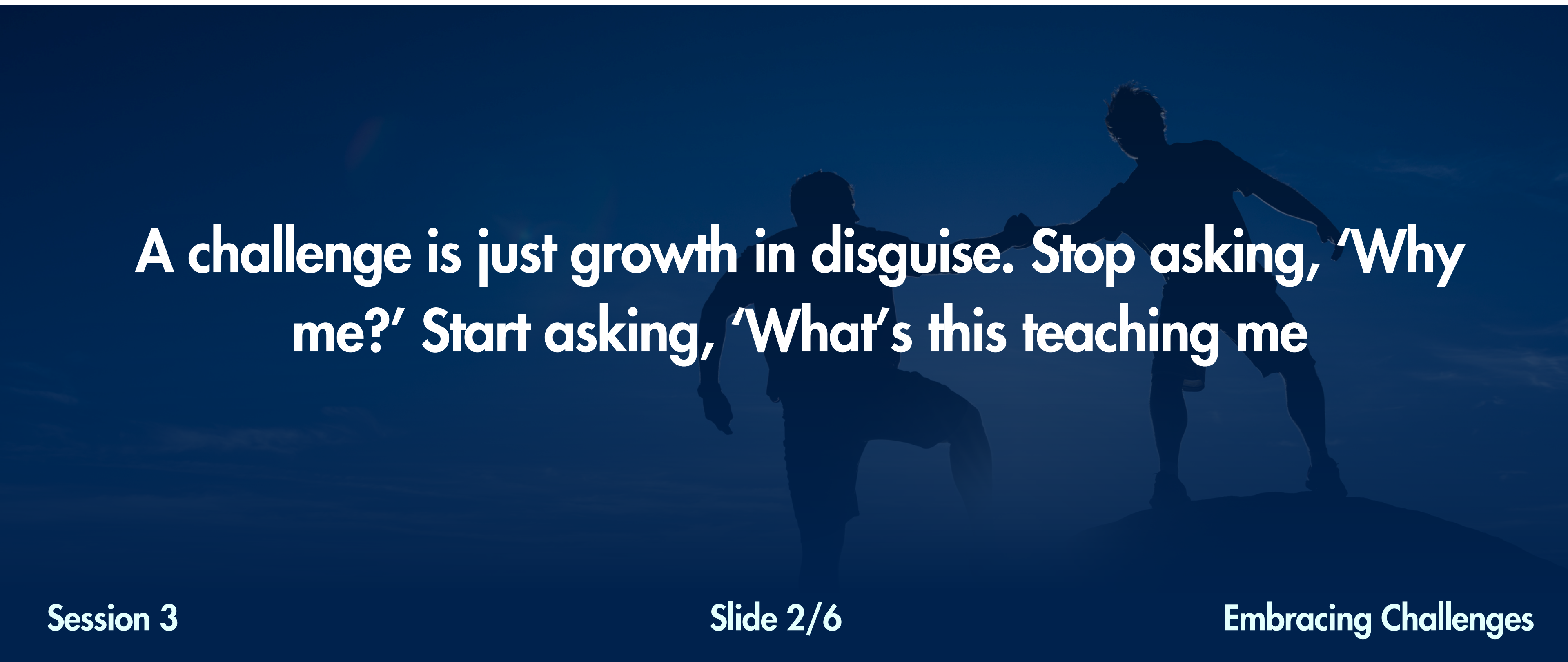
Session 3: Embracing Challenges



Every challenge that shows up is not here to break you — it's here to make you

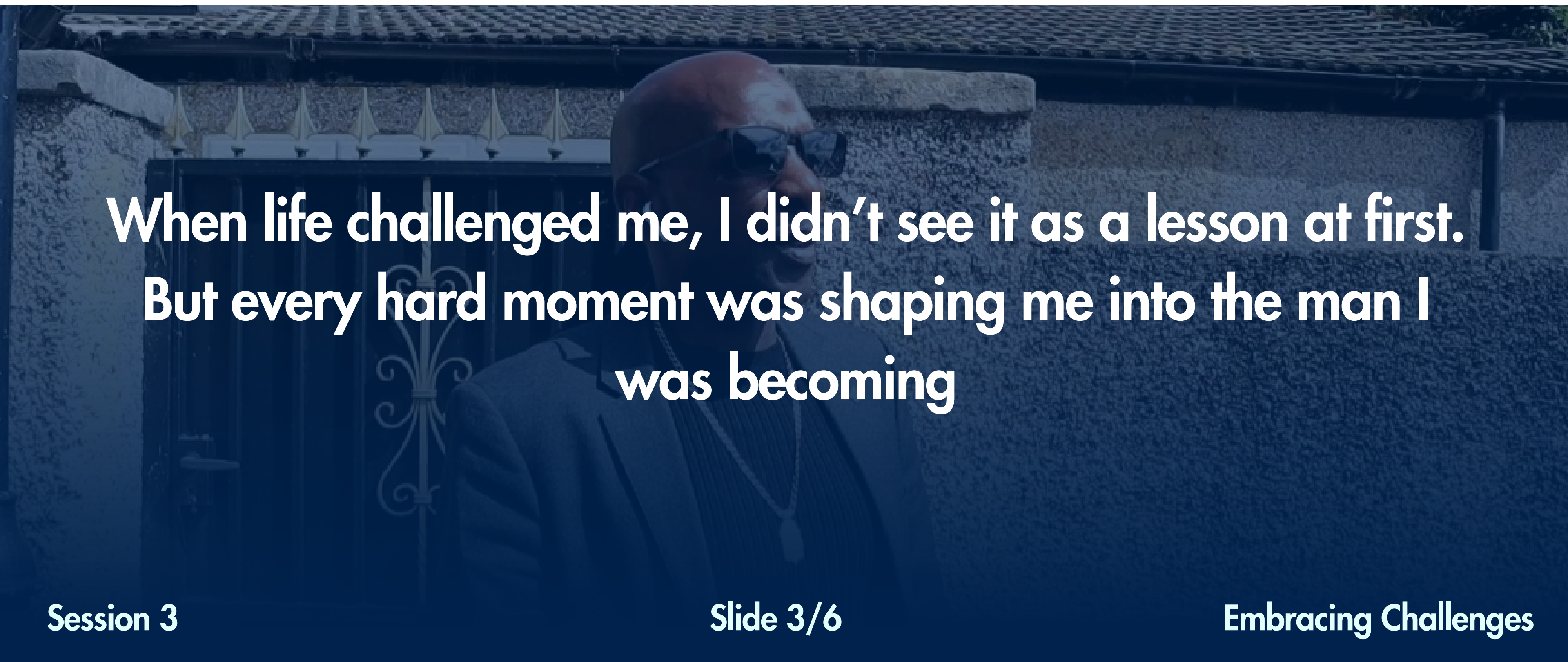


Reframing the Struggle

The background of the slide features a dark blue gradient with silhouettes of two people standing on a hill, looking out over a sunset or sunrise. The person on the left is in a dynamic pose, possibly a martial arts stance, while the person on the right stands with arms slightly out. The sky is a lighter shade of blue with some wispy clouds.

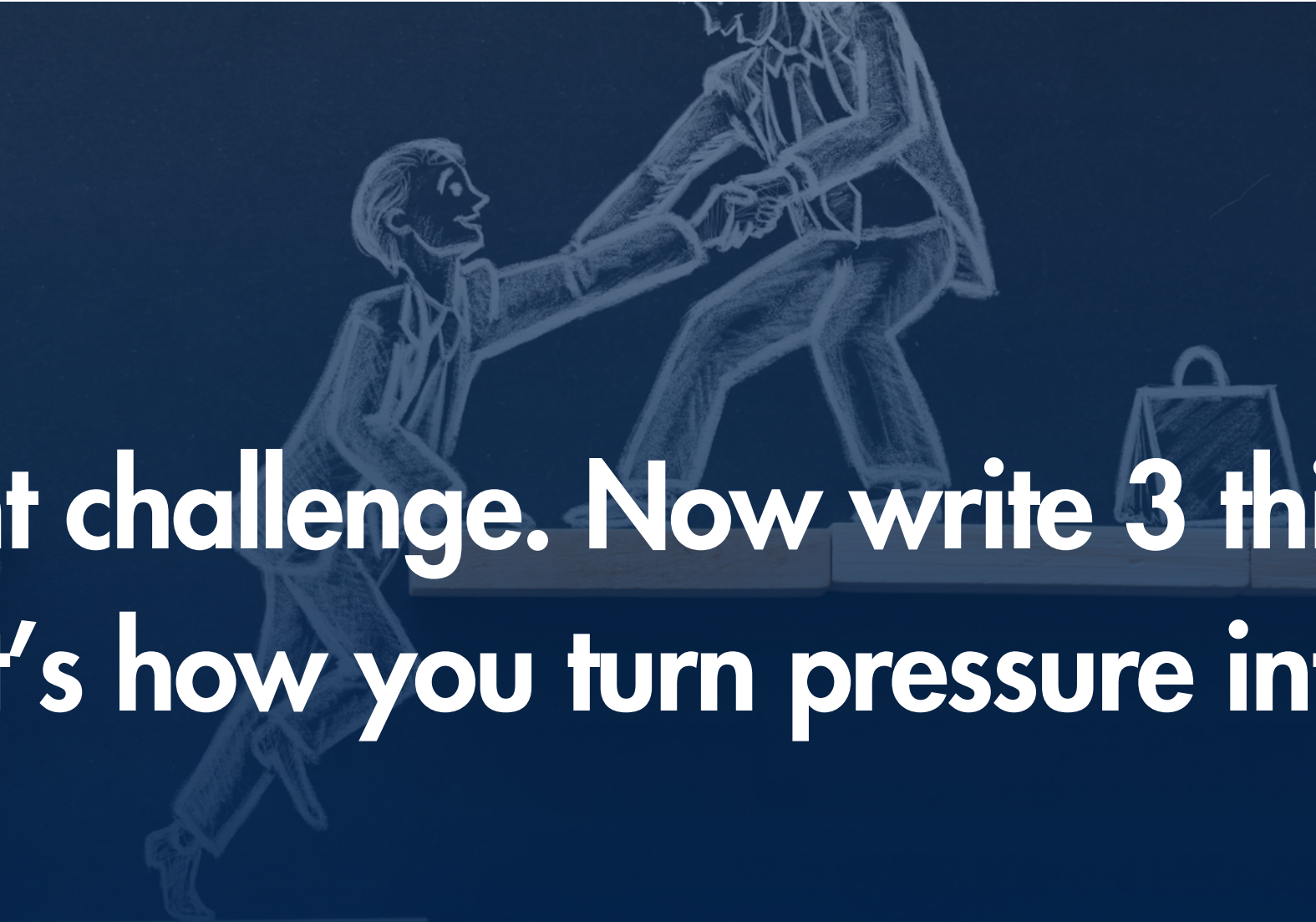
A challenge is just growth in disguise. Stop asking, 'Why me?' Start asking, 'What's this teaching me'

Morris's Story

A man with a shaved head, wearing dark sunglasses and a dark suit jacket over a dark shirt, stands in front of a stone wall. The wall has a tiled roof above it. The man is looking slightly to his right. The background is a textured stone wall with a dark tiled roof above it.

**When life challenged me, I didn't see it as a lesson at first.
But every hard moment was shaping me into the man I
was becoming**

Challenge Flip Exercise



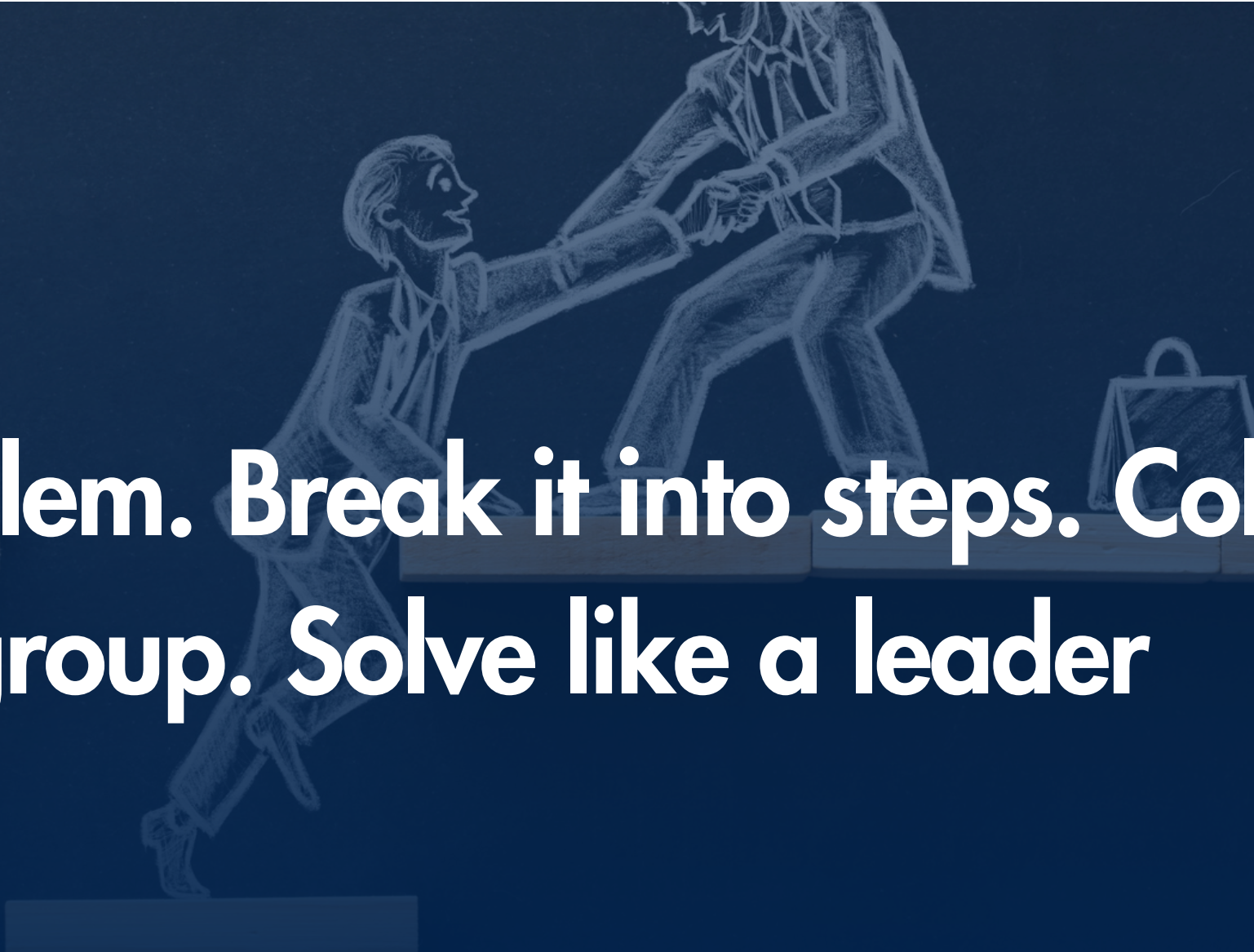
Write one current challenge. Now write 3 things it's teaching you. That's how you turn pressure into power

Reset Break

A faint, light blue illustration of two people walking a tightrope. One person is standing on the rope, while the other is leaning over, holding their hand to help them balance. A bag is visible on the ground next to the person on the rope. The background is a dark blue gradient.

Deep breath. Say this: 'This challenge is shaping my crown.'

Mini-Hack Lab



Take a current problem. Break it into steps. Collaborate in your group. Solve like a leader

ANY
QUESTIONS?

End Of Session 3



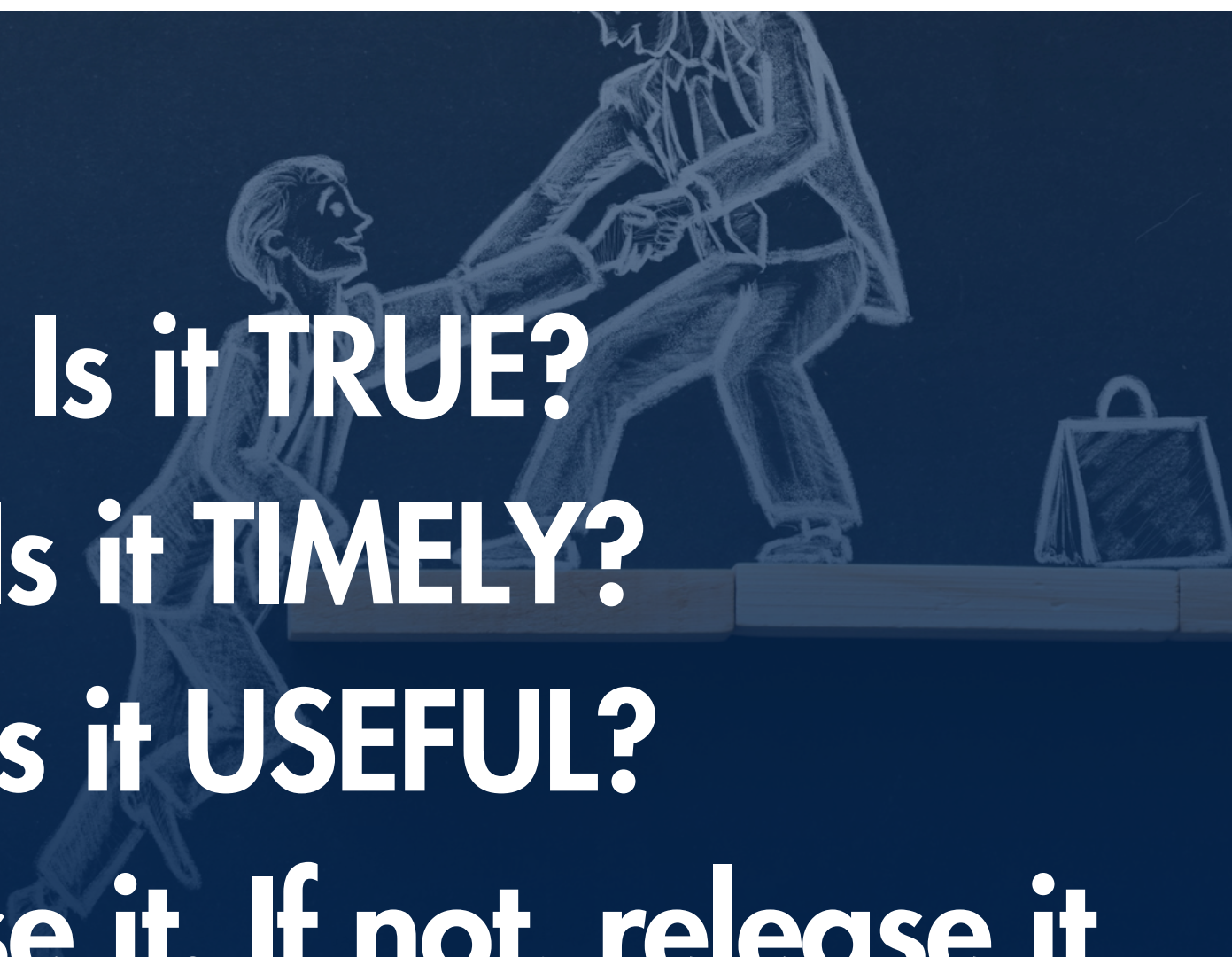
Session 4: Feedback As Fuel



Feedback isn't failure. It's
fuel for your next level



The 3 Filters



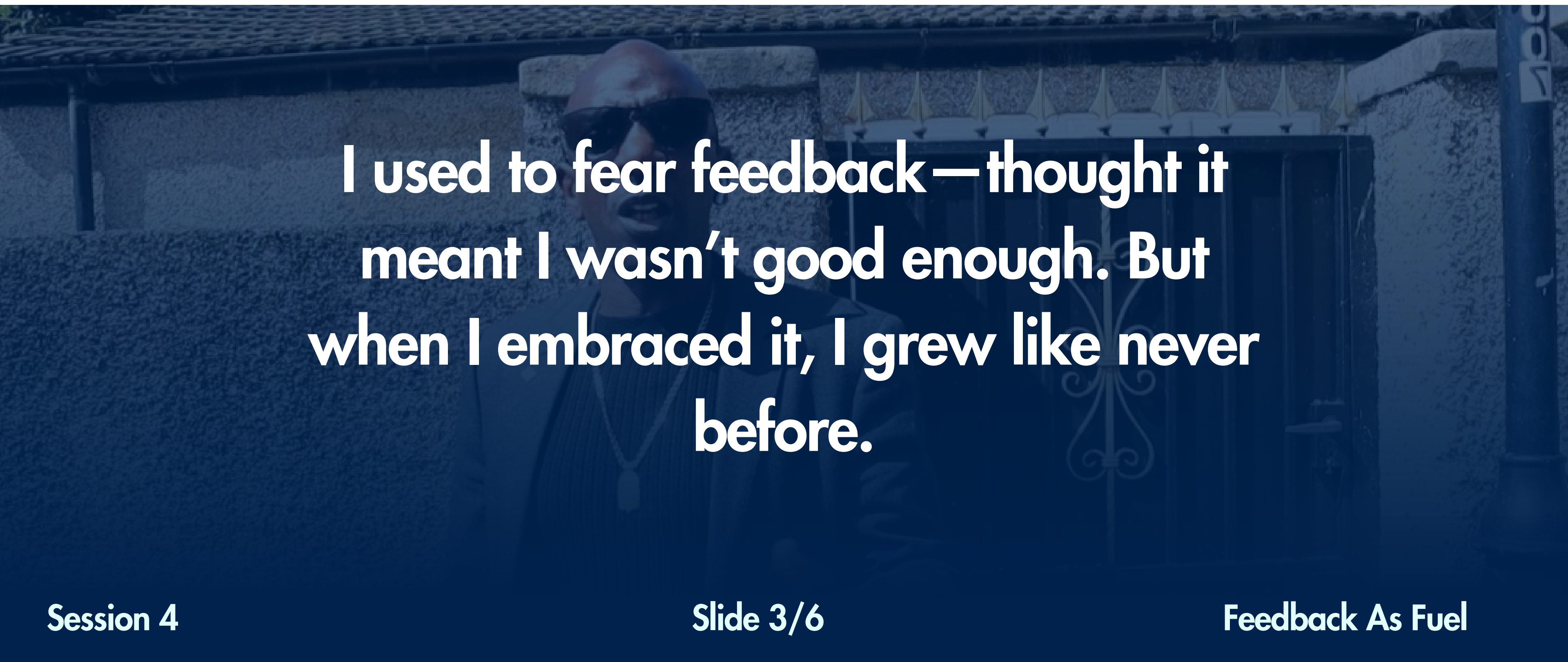
Is it TRUE?

Is it TIMELY?

Is it USEFUL?

If yes, use it. If not, release it

Morris's Story

A man with a shaved head, wearing dark sunglasses and a thick chain with a large pendant, stands in front of a building with a tiled roof. The image is overlaid with a dark blue semi-transparent layer.

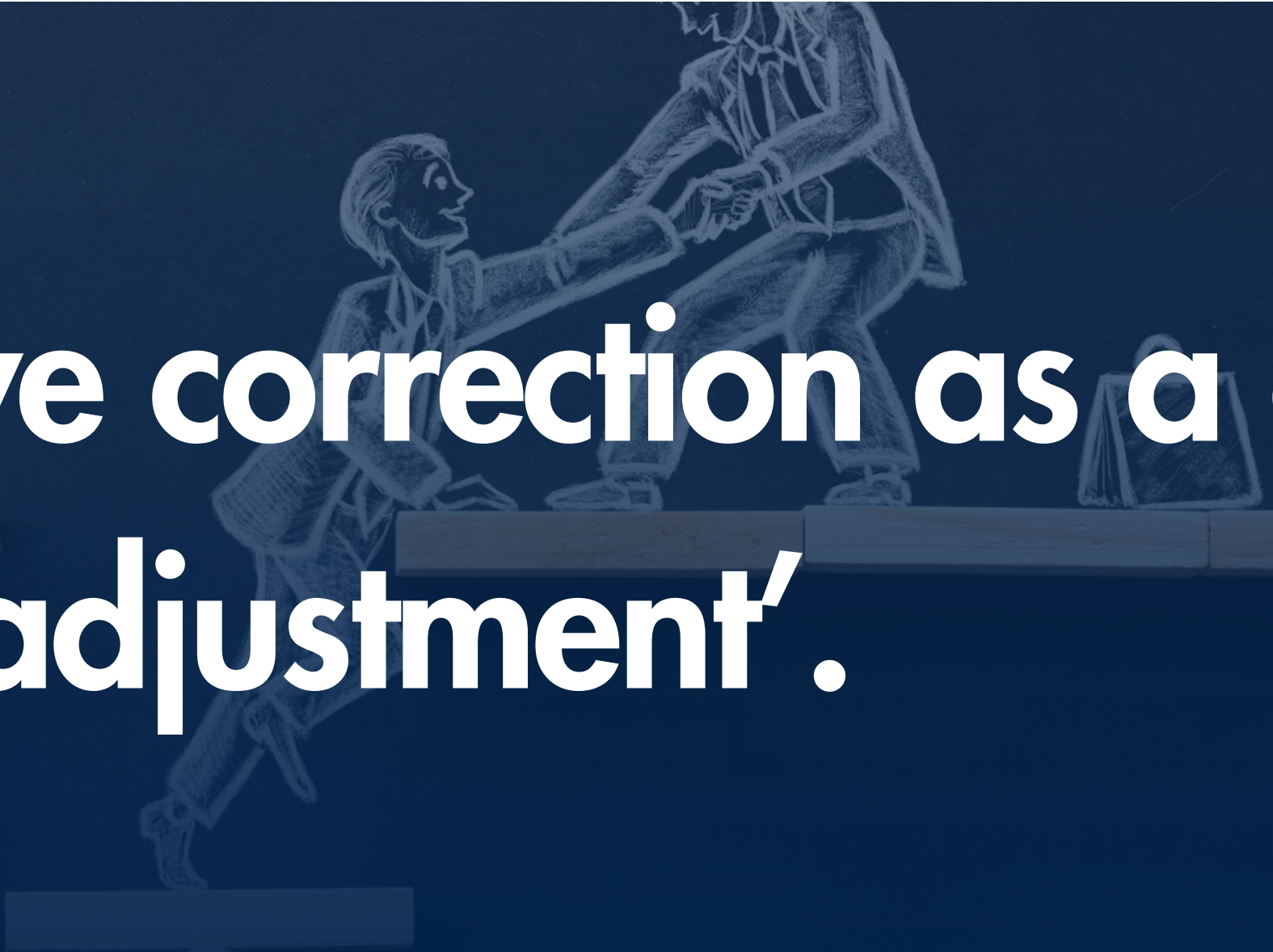
I used to fear feedback—thought it meant I wasn't good enough. But when I embraced it, I grew like never before.

Rewriting Your Reaction



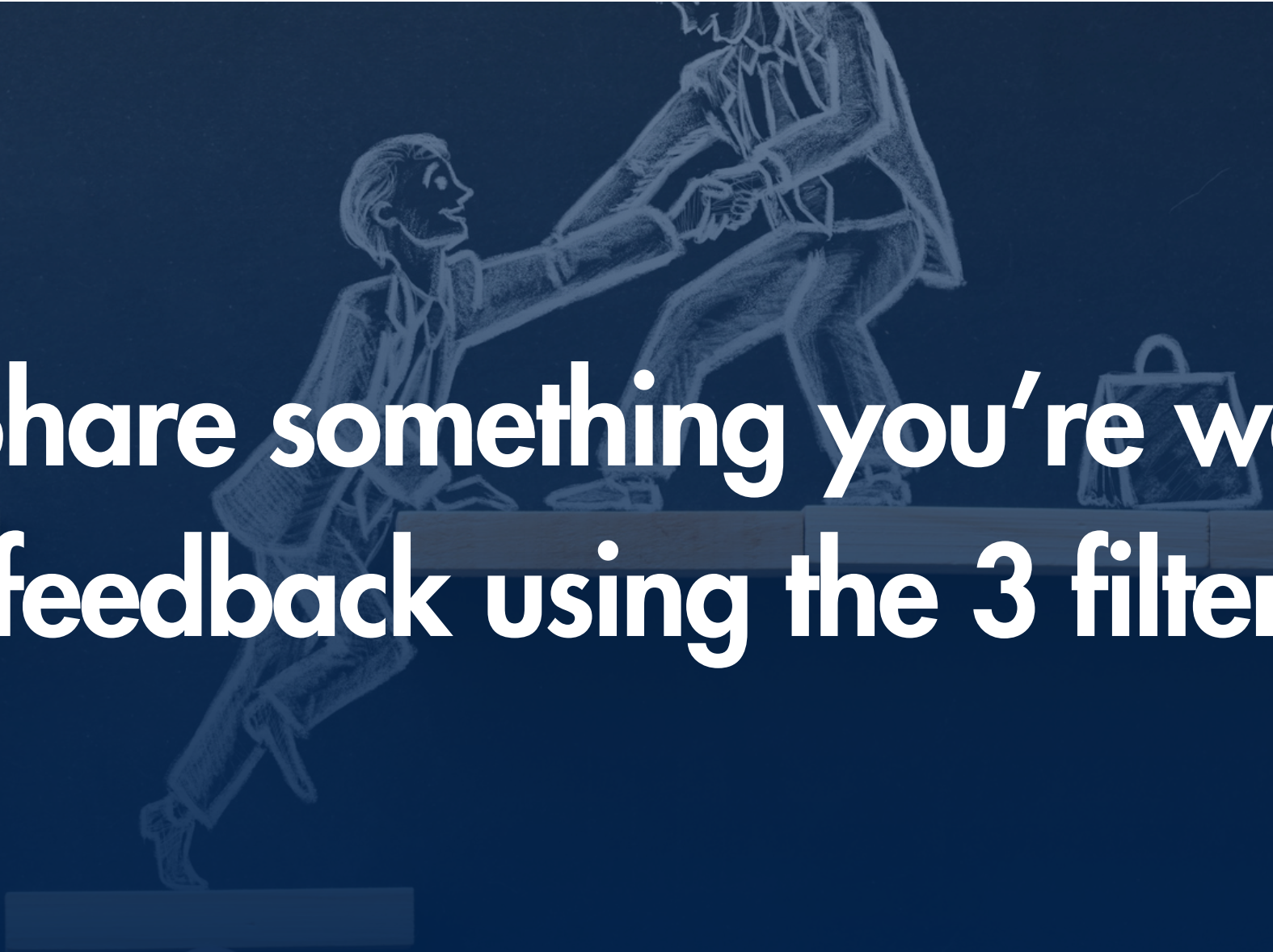
How do you usually respond to feedback? How do you want to respond now?

Reset Break



Say: 'I receive correction as a crown adjustment'.

Live Feedback Swap

A faint, light blue illustration of two people on a seesaw. One person is sitting on the left side, which is currently down, while the other person is on the right side, which is up. They appear to be in a playful or collaborative interaction. The background of the slide is a dark blue gradient with some faint geometric shapes at the bottom.

**Find a partner. Share something you're working on.
Receive feedback using the 3 filters.**

ANY
QUESTIONS?

End Of Session 4



Session 5: Building Bounceback



You're not crowned because you never fall — you're crowned because you rise every time.



What is Bounce-Back?

It's resilience in motion. It's when the world hits you —
and you say, 'I'm still standing'

Morris's Story

I've failed. I've fallen. But I never stayed there. Each time, I rebuilt. That's bounce-back

The Bounce-Back Formula

Recognize → Reflect → Reset → Restart

Ritual Design Activity

A pair of hands, palms facing each other, holding a clear crystal ball. The crystal ball reflects a landscape with trees and a body of water. The background is a solid dark blue.

Design your own comeback routine. How do you get back up?

Reset Break

Say it with me: 'Setbacks are setups for my comeback'

ANY
QUESTIONS?

End Of Session 5



Session 6: Habit-ify Growth



You're not crowned because you
never fall — you're crowned because
you rise every time



Small Wins, Big Shifts

Success is hidden in your routine. Build it, brick by brick.

Morris's Story

My growth didn't come from a big break — it came from small, daily, consistent moves. You can build that too

Pick Your Growth Habit

Success is hidden in your routine. Build it, brick by brick.

Reset Break

Breathe and declare: 'I grow every day, in every way'

Celebration & Next Steps

Celebrate your progress. Set a new goal. Your next level is waiting.



Course Is Now Finished!