

# CORE SESSIONS: Get in the Yoke

Core Sessions introduce crucial building blocks needed for cultivating an inner life on the PATH.

## **SESSION #1 The Power Within**

Participants will:

- Recognize the power and responsibility resulting from free will.
- Understand that a life on the PATH is inherently powerful, while being LOST involves giving away personal power.
- Realize that excuses and blaming reduce personal power.

## **SESSION #2 The Super Power of the Inside Job**

Participants will:

- Realize that thoughts lead to feelings, choices, and outcomes.
- Understand and use the Frame to improve the outcomes they are experiencing.
- Learn to use the Frame for creating a habit of thinking with the mind of Jesus.

## **SESSION #3 Improve Your Ride**

Participants will:

- Realize that success in life is a function of their Virtue Quotient, not their Intelligence Quotient.
- Identify the Cardinal Virtues and understand their inherent power for transforming negative thinking habits and temptations.

## **SESSION #4 The Line**

Participants will:

- Understand when their thinking is serving them well (Above the Line) and when it is an obstacle to their potential (Below the Line).

- Practice habits of personal awareness.
- Develop strategies for effectively managing their thinking while in the yoke with Jesus.

## **Bring an On the PATH Workshop to Your Teens**

**Custom-designed a workshop to meet your school or organization's needs.**

Sessions run 75-90 minutes each.

Choose one, or stack several for a half or full day event.

Basic PATH cornerstones are woven into every session.

For more information, see [General Session Information](#).

For pricing and to reserve your date, [Contact Peg](#).