



**A guide to how the 12
Me Power Levels help
people to be their best**

Level 0 - A.P.E. Brain H.A.C.®

The big dominant part of your brain – the A.P.E.® – can be your arch enemy and make life difficult. But you can use Will Power to beat the A.P.E. Brain®. In Level 0 you will learn about resilience from the story of NASA scientist Mary Jackson. We will also teach you about your brain, and show you how to build **better diet, exercise and sleep** habits. This will boost Will Power and make it easier to be healthy, happy and at your best.

Reflection

Already do well



I need to do this better



Priority score

1

- 10



If it is helpful make a note about your strengths and/or weaknesses in this area:

Level 1 - Mindset H.A.C.®

Your abilities are not fixed, and your potential is not limited. You can improve. This level will show how learning changes your brain. To help you build better learning habits this level will also teach you how to use The Big Finish™ so that you can end every day well, **plan to improve daily** and be your best.

Reflection

Already do well



I need to do this better



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If it is helpful make a note about your strengths and/or weaknesses in this area:

Level 2 - How to Build Better Habits

Most of what you do is a habit. This means that unhelpful thoughts and actions like low confidence, becoming distracted, worrying and giving up easily can be hard to change. This level will show how to change your unhelpful habits. It will teach you what is going on inside your brain, and how you can build better habits to improve health, happiness and school grades. You will learn from The Simpsons, and how to **reflect on your week to build better habits** so that you can be at your best.

Reflection

Already do well



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If it is helpful make a note about your strengths and/or weaknesses in this area:

Level 3 – Motivation H.A.C.®

You can build better habits to beat the A.P.E.® and H.U.E.® but you need to be motivated. Motivating yourself can be difficult. This level will show you how to motivate yourself. It includes motivational lessons from Walt Disney and JK Rowling. It shows how to create your own F.A.M. Story Iceberg™ so that you can **connect your long-term, medium-term and short-term goals**, making improved motivation a habit.

Reflection

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If it is helpful make a note about your strengths and/or weaknesses in this area:

Level 4 - Focused Timeline™

Having motivation is not enough, because a goal without a plan is just a wish that won't come true. This level will teach you why planning is important. It will use insights from the Brontë Sisters and world champion boxer Anthony Joshua. It will show you how to use the Focused Timeline™ so that you can **plan efficiently and effectively**, and take more control over your own life and fulfil your potential.

Reflection

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If it is helpful make a note about your strengths and/or weaknesses in this area:

Level 5 - H.A.C. Stress & manage Confidence

Unhelpful levels of stress can be demotivating, and can stop you fulfilling your potential. This level will show what causes stress, how your body and brain respond, and how confidence can be used to manage stress. Learn how even the most successful people criticise themselves – including film star Kate Winslet – and how to put life into perspective to **manage stress and improve success with the Confidence Profile™**.

Reflection

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If it is helpful make a note about your strengths and/or weaknesses in this area:

Level 6 - Build and Maintain Confidence

Managing your confidence can be challenging. This level will show simple and practical confidence management skills that will improve confidence levels; even in your most difficult subjects. Learn how Olympic champion Jessica Ennis-Hill took control of her emotions and confidence. We will show you how to use our K.O.S.Y.® and F.A.B.® **confidence and emotional management techniques** to make life easier.

Reflection

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If it is helpful make a note about your strengths and/or weaknesses in this area:

Level 7 - Productivity H.A.C.®

The A.P.E. Brain® and H.U.E.® make us procrastinate on tasks that don't give immediate rewards. Then, when we miss a deadline or don't do our best work, they tell us that we are useless. Learn how to **build better productivity habits** from Charles Darwin and Charles Dickens. We will show you how to use the Will Power Story™ tool so that you take more control of your life.

Reflection

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If it is helpful make a note about your strengths and/or weaknesses in this area:

Level 8 - Activation H.A.C.®

Concentrating effectively when you need to, and relaxing properly can be difficult because the A.P.E.® and H.U.E.® only do what they find immediately rewarding. To help you to improve your focus, and improve your downtime we will teach you about Activation®. You will learn from the New Zealand All Blacks. You will learn how to use our Activation H.A.C. Plan® so you can achieve the right Activation Level for the right task. This will **make it easier to focus** and also relax.

Reflection

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I need to do this better



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If it is helpful make a note about your strengths and/or weaknesses in this area:

Level 9 - Learning H.A.C.®

Fulfilling your potential will take thousands of hours of deliberate or focused practice. Unsurprisingly the A.P.E.® and H.U.E.® do not find this particularly enjoyable. This level will show how you learn, what stops you from learning and how to improve learning. We show insights from Thomas Edison and Marie Curie, and use our Learning Strengths Plan™ to help you to **build better learning habits** so that you can fulfil your potential.

Reflection

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If it is helpful make a note about your strengths and/or weaknesses in this area:

Level 10 - Revision H.A.C.®

Revising really well is difficult, because good learning and good revision are not always the same. To help you prepare for exams as well as you can, this level will show you how to revise in a way that boosts your exam performance. Learn from the double Olympian Jonny Brownlee and King George VI. Use our Revision Confidence Builder™ to **improve your revision performance and your exam grades.**

Reflection

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If it is helpful make a note about your strengths and/or weaknesses in this area:

Level 11 - Exam Performance H.A.C.®

Performing to your best under the pressure of an exam can be difficult. We will show you how to handle pressure so that you perform to your potential in these situations. Learn from rugby star Jonny Wilkinson and tennis ace Serena Williams. Use our Exam H.A.C. Plan™ to **secure the grades that you deserve.**

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Reflection

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If it is helpful make a note about your strengths and/or weaknesses in this area:
