



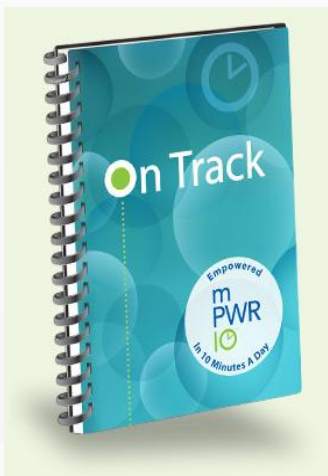
Is Your Mindset Supporting Your Success?

"Since starting mPWR¹⁰ I have seen tremendous changes in my life. I have always been a goal-oriented person, but mPWR¹⁰ helped make my lofty goals more concrete and helped me stay focused each day on the steps I should take on achieving them. Also, using the program has transformed my lens of the world around me. I radiate more positive energy towards all those I encounter, I handle inevitable daily challenges with confidence, and I hold myself accountable to be the best I can be in all areas of my life."

Caroline Sasso, Junior, Boston College

Cutting-Edge Personal Development Program with *built-in* Sustainability

Specific habits of the *mindset* have been scientifically proven to drive success in all areas of life. These compelling data come from the field of Positive and Peak-Performance Psychology, which supports that an empowered mindset allows us to thrive and achieve what we want while remaining resilient in the face of inevitable challenges. *mPWR¹⁰* is the result of extensive analysis of this evidence synthesized into six consistently proven, highly-effective habits and an easy-to-implement system that takes just 10 minutes a day.



Key Benefits of *mPWR¹⁰*:

- Maintain a positive perspective in the midst of challenges
- Stay focused on key priorities
- Improve confidence & preparation
- Enhance resilience & bounce back quickly from setbacks
- Accelerate reaching goals

Train and Sustain

- During the highly-interactive and engaging 90-minute session, students learn the compelling data supporting each of the *mPWR¹⁰* habits
- Stories, relevant examples and *mPWR¹⁰* users describing their experience using the habits via video help participants actualize the benefits of using the *mPWR¹⁰* habits
- Students apply the habits and complete the *mPWR¹⁰* tool using their own personal examples during the session
- To easily sustain the benefits, students receive the *mPWR¹⁰* Guide with daily *mPWR¹⁰* tool and leave motivated to complete the tool each day to practice the habits