



## The Next Generation in Performance

Growing up is full of challenges, contradictions and pressures. It has always been this way, but these days, everything seems to be on a much larger scale. The entertainment industry fills our minds with who we should aspire to be and what we should be doing with our lives. Advertisers tell us what to wear, how to look, and what music to listen to. Positive, productive role models for our children are harder and harder to find.

Career choices are no longer simple. Traditional industries are disappearing, while new ones arrive demanding greater skills from employees. Immediate employment out of college is no longer a “done deal.” The critical thinking skills necessary to making the best career choices are not always taught in school.

For the teen making the transition from adolescent to adult, it can be a confusing and frightening time. To give our youth the tools to make this transition easier, and set them on a path to a successful, purposeful life, The Pacific Institute introduces *PX2™* - the next generation in teen success.

### About the Program

Long considered world-class in the effectiveness of its programs and delivery, The Pacific Institute has created *PX2* to help young people recognize that they do have choices in life. By understanding how the human mind works, how their current beliefs and attitudes shape their expectations for the future, our youth learn that they are in control of the way they think, and can use that power to change the way they live their lives.

Studies have shown that with no goals of our own, we become susceptible to the loudest voice around us – whether it’s good for us or not. *PX2* teaches the art and science of goal-setting, combined with a thorough understanding of just how we think, so that our youth come away with self-confidence, self-esteem and a strong ethical center. It is one thing to know “the right thing,” it’s quite another to have the confidence to act on it.

As parents, we are constantly on the look-out for negative influences in the lives of our children. Our challenge is to build strength of character, and strong self-belief, so that our youth can stand up against these influences and maintain confidence in their own decisions.

*PX2* is a life-changing experience, not just for teens but for the entire family. Promoting positive communication among family members, it builds stronger relationships between parents and children, brothers and sisters, friends, teammates. *PX2* is a springboard to a successful future.



# Learning Units

---

Video, music, graphics – and more – are used to make the concepts easy to understand and fun to learn. Presenting the same concepts that have made *Investment in Excellence*® celebrated around the world, Lou Tice teaches the core curriculum in 12 short segments, while Antowaine Richardson acts as your “VJ” – your Video DJ.

**Step 1     My Mind Is Made Up**

There is more in the world than our human senses allow us to perceive. We build our own scotomas (blind spots), and we can break them to help us “see” what we’ve been missing.

**Step 2     Who Do I Listen To?**

When we lock on to one point of view, we miss other alternatives, and may buy into someone else’s version of “the truth.”

**Step 3     How My Mind Works**

The conscious, subconscious and creative subconscious all work together to keep us acting like we “know” ourselves to be. Understanding this process is the first step toward being able to change our expectations for the future.

**Step 4     Opening Up the Powerhouse**

We act like we know ourselves to be. By opening up our awareness, we find what we need to create the future we want.

**Step 5     Changing My Attitudes and Beliefs**

Are you leaning toward or away from your future? Avoidance is a sure sign that an attitude is getting in your way.

**Step 6     How My Beliefs Are Formed**

Thoughts accumulate to become beliefs, and our “self-talk” is a powerful tool when used to raise our own self-image to that next level.

**Step 7     I’m Worth It**

It is important to think well of ourselves, because we draw to ourselves what we feel worthy of receiving – including a purposeful future.

**Step 8     Stretching My Comfort Zones**

We naturally seek the familiar, but this instinct can be holding us back from an exciting and fulfilling future.

**Step 9     The Importance of Setting My Own Goals**

Goals keep us moving forward, and without them we keep repeating yesterday, last month or last year.

**Step 10    Ready to Create My Future**

Affirmations are the key to change – change that happens quickly and without stress. Send yourself out of order, and you will automatically seek order.

**Step 11    Taking Charge of My Life**

Imagination and forethought are unique to humans. We use them to their greatest advantage as we visualize our goals into achievement.

**Step 12    Motivating Myself**

There are no “have-to’s” – put your life on a “want-to” basis and you’ll find yourself taking on more and giving yourself the freedom to be accountable for your decisions.

While Lou Tice teaches concepts by illustrating with stories, singer/songwriter Antowaine Richardson illustrates with music. Accompanying this DVD program is a specially prepared CD, with original music that carries home the “4-1-1” to success.