



CURRICULUM LEARNING STANDARDS ALIGNMENT

Career Investigations | Virginia Department of Education



Find Your Grind helps students figure out who they are and where they want to go by flipping the script on traditional career planning and focusing on a lifestyle-first approach.



**Find Your Grind is the
personalized multi-year learning solution
that develops future ready students.**

FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

STANDARD	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Demonstrating Personal Qualities and Abilities</p> <ul style="list-style-type: none"> ● Demonstrate creativity and innovation ● Demonstrate critical thinking and problem solving ● Demonstrate initiative and self-direction ● Demonstrate integrity ● Demonstrate work ethic 	<p>Starter Kit ▾</p> <ol style="list-style-type: none"> 2. Recognize the value of critical thinking in the form of “asking why” 3. Recognize the value of self-reflection 4. Apply the Lifestyle Funnel, critical thinking, and self-reflection to embark on a mindset commitment for self-discovery and career exploration
	<p>All About You ▾</p> <ol style="list-style-type: none"> 2. Summarize the importance of discovering and developing your talents
	<p>All About YourSELF ▾</p> <ol style="list-style-type: none"> 2. Explain how drive and motivation work together to create success <ul style="list-style-type: none"> → Defining Your Drive → Get Behind the Wheel → Follow Through 3. Identify the cues, actions, and rewards of personal habits and create a plan to build positive, long-lasting habits
	<p>Power Skills ▾</p> <ol style="list-style-type: none"> 1. Define power skills 2. Explain the importance of power skills and how they relate to the future of work 3. Identify the top five power skills employers value the most and reflect on how you can get some practice
<p>Demonstrating Interpersonal Skills</p> <ul style="list-style-type: none"> ● Demonstrate conflict-resolution skills ● Demonstrate listening and speaking skills ● Demonstrate respect for diversity ● Demonstrate customer service skills ● Collaborate with team members 	<p>All About Your Communication ▾</p> <ol style="list-style-type: none"> 1. List and explain each of the four communication styles 2. Determine your own communication style and how that impacts professional and personal communication 3. Develop a plan to improve personal and professional communication <ul style="list-style-type: none"> → Listen Up → Active Listening → Conflict Resolution → I vs. You → Speaking Up

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	<p>Level Up Your Leadership ▾</p> <p>2. Use leadership strategies to manage conflict and lead a virtual team</p>
<p>Demonstrating Professional Competencies</p> <ul style="list-style-type: none"> • Demonstrate big-picture thinking • Demonstrate career-and-life-management skills • Demonstrate continuous learning and adaptability • Manage time and resources • Demonstrate information-literacy skills • Demonstrate an understanding of information security • Maintain working knowledge of current information-technology (IT) systems • Demonstrate proficiency with technologies, tools, and machines common to a specific occupation • Apply mathematical skills to job-specific tasks • Demonstrate professionalism • Demonstrate reading and writing skills • Demonstrate workplace safety 	<p>Power Skills ▾</p> <p>3. Identify top five power skills employers value the most and reflect on how you can get some practice</p> <p>→ Teamwork</p>
	<p>Find Your Grind Experience ▾</p> <p>Through self-discovery and career readiness skill building, students will match their skills, talents, values, and interests to the future of work. They will explore opportunities in Mentor, Lifestyle, Career, and Skill badges. They will develop self-confidence and greater self-efficacy by focusing on their goals and lifestyle. Students will find themselves becoming more Future Ready by defining themselves, identifying opportunities, and communicating the next steps to live their best lives.</p>
	<p>Prompt Feature ▾</p> <p>Reading text and watching videos entice learners to discover new knowledge. However, we cranked it up a notch in higher-order thinking and engagement by adding active reflection, application, and demonstration of understanding through writing and short answer prompts added throughout the learning experience.</p>
	<p>Future-Proofing ▾</p> <p>2. Define and describe how to apply future-proofing, job readiness, job searching, and job keeping skill sets</p>
	<p>Planning & Goal-Setting ▾</p> <p>2. Highlight the importance of and need for reevaluation of your personal life plan and adjust your routine</p> <p>→ Short + Long Term Plans</p>
<p>Balancing Act ▾</p> <p>1. Define balance as it applies to your lifestyle and assess areas of your life that need balance</p> <p>2. Create a plan to increase balance in all areas of life</p>	

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	<p>Professionalism ▾</p> <p>1. Define professionalism and explain why it's important</p>
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STANDARD	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Addressing Elements of Student Life</p> <ul style="list-style-type: none"> Identify the purposes and goals of the student organization Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult Demonstrate leadership skills through participation in student organization activities, such as meetings, programs, and projects Identify Internet safety issues and procedures for complying with acceptable use standards 	<p>Opportunities ▾</p> <p>5. Discover post-high school education opportunities and how to make the first step toward a future ready career pathway</p>
	<p>Leadership in Action ▾</p> <p>2. Implement leadership skills in your own life</p>
	<p>Brand + Digital Reputation ▾</p> <p>2. Explain ways to control your reputation and safety online</p>
<p>Exploring Work-Based Learning</p> <ul style="list-style-type: none"> Identify the types of work-based learning (WBL) opportunities (Optional) Reflect on lessons learned during the WBL experience Explore career opportunities related to the WBL experience (Optional) Participate in a WBL experience, when appropriate 	<p>Opportunities ▾</p> <p>1. Describe the Find Your Grind industry categories</p> <p>2. Use Lifestyle Assessment results as a reference to create a list of industries and careers that interest you as well as align with your skills, talents, and values</p>
	<p>Opportunity Pathways ▾</p> <p>1. Discuss what a career pathway is and examine types of employment</p> <ul style="list-style-type: none"> → What is a Career Pathway → The Flexible Career Path → Create Your Own Path <p>5. Discover post-high school education opportunities and how to take the first step toward a future ready career pathway</p> <ul style="list-style-type: none"> → Higher Education → Multiple Education Paths
	<p>Explore Library ▾</p> <p>Over 300 career badges represent the fastest-growing careers and deliver up-to-date information on salary, work expectations, and pathways to get there.</p>

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STANDARD	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Exploring Career Plan Options and Possible Destinations</p> <ul style="list-style-type: none"> • Compare the concepts of work, job, and career • Describe education and career terms • Explore the 17 career clusters • Explore career pathways and occupations of interest • Investigate a career of interest • Identify opportunities for education/training to prepare for a career • Explain the cost of education and/or training 	<p>Opportunities ▾</p> <ol style="list-style-type: none"> 1. Describe the Find Your Grind industry categories 2. Use Lifestyle Assessment results as a reference to create a list of industries and careers that interest you as well as align with your skills, talents, and values <hr/> <p>Opportunity Pathways ▾</p> <ol style="list-style-type: none"> 1. Discuss what a career pathway is and examine types of employment <ul style="list-style-type: none"> → What is a Career Pathway → The Flexible Career Path → Create Your Own Path 5. Discover post-high school education opportunities and how to take the first step toward a future ready career pathway <ul style="list-style-type: none"> → Higher Education → Multiple Education Paths <hr/> <p>Explore Library ▾</p> <p>Over 300 career badges represent the fastest-growing careers and deliver up-to-date information on salary, work expectations, and pathways to get there.</p>
<p>Discovering More about Yourself</p> <ul style="list-style-type: none"> • Identify personal assets • Examine personal assets in light of one's responsibilities as a family member, student, or community member • Complete a career interest assessment • Relate your skills, interests, talents, and values to a career 	<p>Starter Kit ▾</p> <ol style="list-style-type: none"> 4. Apply the Lifestyle Funnel, critical thinking, and self-reflection to embark on a mindset of commitment for self-discovery and career exploration. <hr/> <p>All About You ▾</p> <ol style="list-style-type: none"> 1. Describe skills and skill sets 2. Summarize the importance of discovering and developing your talents <hr/> <p>All About Your Personality + Interests ▾</p> <ol style="list-style-type: none"> 2. Take inventory of your personal interest and compare with your future lifestyle goals 3. Define and explain the difference between strengths and weaknesses and a fixed mindset and a growth mindset

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	<p>Explore Library ▾</p> <p>Prioritized skills badges offer students the discovery of their own skills and talents and provide the next steps to a successful career and lifestyle journey.</p>
	<p>Lifestyle Assessment ▾</p> <p>The Lifestyle Assessment helps students better understand themselves to prepare for the future. Determines unique Lifestyle based on interests and personal strengths. Helps develop greater self-awareness of identity through a process of self-discovery and reflection. Provides steps to begin the journey to a greater understanding of who they are now and who they want to become and will be able to see themselves in the changing landscape of careers and industries.</p>
<p>Developing an Academic and Career Plan</p> <ul style="list-style-type: none"> ● Identify short-term and long-term goals ● Research options associated with courses in your school division and regional center related to career interests ● (Optional) Review a decision-making process to course options ● Review the student Academic and Career Plan Portfolio ● Draft an Academic and Career Plan 	<p>All About YourSELF ▾</p> <p>5. Create SMART goals and see them through to completion</p>
	<p>Planning & Goal-Setting ▾</p> <ol style="list-style-type: none"> 1. Explain the purpose of goal setting and set at least one goal. <ul style="list-style-type: none"> → Short + Long Term Plans 2. Highlight the importance of and need for reevaluation of your personal life plan and adjust your routine
<p>Communicating on the Job</p> <ul style="list-style-type: none"> ● (Optional) Describe self-advocacy strategies ● (Optional) Communicate verbally and nonverbally in a professional manner ● (Optional) Demonstrate telephone etiquette ● (Optional) Compose written professional communication (e.g., emails, letters) ● (Optional) Describe the importance of active listening skills ● (Optional) Troubleshoot workplace problems, issues, or conflicts to find a solution ● (Optional) Describe the importance of inviting and responding to constructive feedback ● (Optional) Provide constructive praise and criticism ● (Optional) Respond to praise or criticism ● (Optional) Demonstrate public speaking skills (e.g., large group, small group) ● Describe the privacy issues related to online communication media ● Identify privacy policies and issues related to employees using or misusing online communication 	<p>Starter Kit ▾</p> <p>3. Recognize the value of self-reflection</p>
	<p>All About Your Communication ▾</p> <ol style="list-style-type: none"> 1. List and explain each of the four communication styles 2. Determine your own communication style and how that impacts professional and personal communication 3. Develop a plan to improve personal and professional communication <ul style="list-style-type: none"> → Active Listening → Conflict Resolution → Online Communication

media	<p>Power Skills ▾</p> <ol style="list-style-type: none">1. Define power skills2. Explain the importance of power skills and how they relate to the future of work3. Identify the top five power skills employers value the most and reflect on how you can get some practice<ul style="list-style-type: none">→ Communication→ Creativity→ Problem-Solving→ Teamwork
	<p>Professionalism ▾</p> <ol style="list-style-type: none">1. Define professionalism and explain why it's important
	<p>Leadership in Action ▾</p> <ol style="list-style-type: none">1. Describe the strategies used by successful leaders2. Implement leadership skills in your own life<ul style="list-style-type: none">→ Motivate + Inspire→ Leading Out Loud
	<p>Level Up Your Leadership ▾</p> <ol style="list-style-type: none">1. Use leadership strategies to manage conflict and lead a virtual team<ul style="list-style-type: none">→ Managing Conflict→ Developing Your People

FIND YOUR GRIND CURRICULUM LEARNING OBJECTIVES

CATEGORY	UNIT
STARTER KIT	<p>UNIT 1 STARTER KIT</p> <ol style="list-style-type: none">1. Recognize the difference between the traditional mindset for success and the Find Your Grind Lifestyle Funnel2. Recognize the value of critical thinking in the form of “asking why”3. Recognize the value of self-reflection4. Apply the Lifestyle Funnel, critical thinking, and self-reflection to embark on a mindset commitment for self-discovery and career exploration
ALL ABOUT YOU	<p>UNIT 2 ALL ABOUT YOU</p> <ol style="list-style-type: none">1. Describe skills and skill sets2. Summarize the importance of discovering and developing your talents3. Determine and define your core values <p>UNIT 3 ALL ABOUT YOUR PERSONALITY + INTERESTS</p> <ol style="list-style-type: none">1. Compare and contrast personality traits through the practice of self- reflection2. Take inventory of your personal interests and compare with your future lifestyle goals3. Define and explain the difference between strengths and weaknesses and a fixed mindset and a growth mindset <p>UNIT 4 ALL ABOUT YOURSELF</p> <ol style="list-style-type: none">1. List factors that can contribute to your self-esteem and identify ways to boost self-confidence2. Explain how drive and motivation work together to create success3. Identify the cues, actions, and rewards of personal habits and create a plan to build positive, long-lasting habits4. Differentiate between habits and routines and explain how routines are impactful5. Create SMART goals and see them through to completion <p>UNIT 5 YOUR LIFE CYCLE JOURNEY</p> <ol style="list-style-type: none">1. List discovery opportunities at various stages of the life cycle2. Analyze each stage of the life cycle to uncover discovery opportunities3. Relate discovery opportunities in early stages of the life cycle to those of adulthood <p>UNIT 6 ALL ABOUT YOUR COMMUNICATION</p> <ol style="list-style-type: none">1. List and explain each of the four communication styles2. Determine your own communication style and how that impacts professional and personal communication3. Develop a plan to improve personal and professional communication

CATEGORY	UNIT
<div data-bbox="77 300 397 422" style="border: 1px solid orange; padding: 5px; text-align: center;"> BRAND & NETWORK </div>	<p>UNIT 7 YOUR PERSONAL BRAND + NETWORK</p> <ol style="list-style-type: none"> 1. Define personal brand and summarize the steps to evaluate it 2. Demonstrate the ability to write an elevator pitch 3. Formulate your own personal brand <p>UNIT 8 BRAND + DIGITAL REPUTATION</p> <ol style="list-style-type: none"> 1. Define digital reputation and discuss ways to cultivate it 2. Explain ways to control your reputation and safety online <p>UNIT 9 SOCIAL MEDIA</p> <ol style="list-style-type: none"> 1. List factors that can improve social media engagement and identify ways to interact with others 2. Develop a personal social media strategy to shape your online presence and explain how it can affect your social media usage <p>UNIT 10 YOUR NETWORK</p> <ol style="list-style-type: none"> 1. Define mentorship and list benefits of having or being a mentor 2. Summarize how to match and maintain a mentorship relationship <p>UNIT 11 NETWORK LIKE A PRO</p> <ol style="list-style-type: none"> 1. Define networking 2. Identify current personal networks and list the steps you can take to grow your network 3. Summarize the steps to evaluate your personal brand 4. Outline the steps to evaluate your network
<div data-bbox="77 1325 397 1398" style="border: 1px solid blue; padding: 5px; text-align: center;"> OPPORTUNITIES </div>	<p>UNIT 12 FUTURE-PROOFING</p> <ol style="list-style-type: none"> 1. Describe how job titles are used and how to ensure a resume has clear job title information 2. Define and describe how to apply future-proofing, job readiness, job searching, and job keeping skill sets <p>UNIT 13 POWER SKILLS</p> <ol style="list-style-type: none"> 1. Define power skills 2. Explain the importance of power skills and how they relate to the future of work 3. Identify the top five power skills employers value the most and reflect on how you can get some practice <p>UNIT 14 OPPORTUNITIES</p> <ol style="list-style-type: none"> 1. Describe the Find Your Grind industry categories 2. Use Lifestyle Assessment results as a reference to create a list of industries and careers that interest you as well as align with your skills, talents, and values

CATEGORY	UNIT
<div data-bbox="77 285 397 363" style="border: 1px solid black; padding: 5px; text-align: center;">OPPORTUNITIES</div>	<p>UNIT 15 OPPORTUNITY PATHWAYS</p> <ol style="list-style-type: none"> 1. Discuss what a career pathway is and examine types of employment 2. Describe the positive and negative aspects of career disruption and how you can prepare for it 3. Explain changes in the future of work related to automation 4. Examine full-time or part-time employment, self-employment, and gig-employment to identify pros and cons of each 5. Discover post-high school education opportunities and how to take the first step toward a future ready career pathway <p>UNIT 16 PROFESSIONALISM</p> <ol style="list-style-type: none"> 1. Define professionalism and explain why it's important 2. Create an eye-catching resume and use it in an effective job application 3. Apply interview best practices in a job interview
<div data-bbox="77 926 397 1003" style="border: 1px solid black; padding: 5px; text-align: center;">LIFESTYLE</div>	<p>UNIT 17 LIFESTYLE</p> <ol style="list-style-type: none"> 1. Explain the Find Your Grind Lifestyle meaning and why it is important to define your lifestyle 2. Interpret how the Find Your Grind Lifestyle is a different mindset from other perceptions of what a lifestyle is or should be <p>UNIT 18 GAUGE YOUR LIFESTYLE</p> <ol style="list-style-type: none"> 1. Gauge current lifestyle using reflection 2. Evaluate your current lifestyle (decisions and actions) and determine if it is on the path to your desired lifestyle 3. Identify your passions and interests and compare and contrast how they align with your current and desired lifestyle <p>UNIT 19 EXPLORING LIFESTYLES</p> <ol style="list-style-type: none"> 1. Identify lifestyle ideals through the Lifestyle Assessment 2. Review and summarize Lifestyle Assessment results linking strengths, interests, and passions to lifestyle 3. Interpret how to explore self, life, health, relationships, hobbies, work, and balance through the lens of a lifestyle mind map <p>UNIT 20 LIFESTYLE ROADMAP</p> <ol style="list-style-type: none"> 1. Explore the process of roadmapping and how it can be beneficial to lifestyle design 2. Synthesize knowledge from your lifestyle (vision, strengths, interests, FYG Lifestyle Assessment, experiences, and influencers) to inform and create a lifestyle roadmap

CATEGORY	UNIT
<div data-bbox="89 273 407 394" style="border: 1px solid black; padding: 5px; text-align: center;"> MINDSET + BALANCE </div>	<p>UNIT 21 PLANNING & GOAL-SETTING</p> <ol style="list-style-type: none"> 1. Explain the purpose of goal setting and set at least one goal 2. Highlight the importance of and need for reevaluation of your personal life plan and adjust your routine <p>UNIT 22 BALANCING ACT</p> <ol style="list-style-type: none"> 1. Define balance as it applies to your lifestyle and assess areas of your life that need balance 2. Create a plan to increase balance in all areas of life <p>UNIT 23 THE POWER OF GRATITUDE</p> <ol style="list-style-type: none"> 1. List methods to increase and express gratitude 2. Explain the role gratitude plays in achieving balance in life 3. Evaluate your life for things to be grateful for <p>UNIT 24 STRESS + MINDSET SHIFTS</p> <ol style="list-style-type: none"> 1. Identify personal stressors and explain how balance can be used as a stress management tool 2. Define mindset shift in your own words and summarize the process of creating a mindset shift 3. Incorporate habits in your daily routine that help create a mindset shift <p>UNIT 25 MAKE SPACE + TIME FOR YOU</p> <ol style="list-style-type: none"> 1. Evaluate and create space to increase balance in all areas of life 2. Summarize the benefits of time management 3. Utilize effective time management to create life balance 4. Highlight the need for reevaluation of your personal life plan and explain why it's important 5. Compare and contrast previous personal goals with current passions and interests 6. Adjust your daily routine based on the needs revealed by the reevaluation of your life plans
<div data-bbox="89 1459 407 1539" style="border: 1px solid black; padding: 5px; text-align: center;"> LEADERSHIP </div>	<p>UNIT 26 LEADERSHIP BASICS</p> <ol style="list-style-type: none"> 1. Explain what leadership and why it is important 2. Identify your own personal leadership style 3. Determine the key skills of an effective leader <p>UNIT 27 WHAT MAKES A LEADER</p> <ol style="list-style-type: none"> 1. Summarize how great leaders use their skills 2. Grow your personal leadership skills through volunteering 3. Explain the importance of goal-setting for a leader <p>UNIT 28 LEADERSHIP IN ACTION</p> <ol style="list-style-type: none"> 1. Describe the strategies used by successful leaders 2. Implement leadership skills in your own life

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CATEGORY	UNIT
LEADERSHIP	UNIT 29 LEVEL UP YOUR LEADERSHIP <ol style="list-style-type: none">1. Determine ways to build your own leadership skills2. Use leadership strategies to manage conflict and lead a virtual team3. Discover new opportunities to become a leader
MONEY	UNIT 30 MONEY BASICS <ol style="list-style-type: none">1. Outline what financial future means to you and reflect on your current money habits2. Define basic financial terms3. Evaluate your current financial situation UNIT 31 BUDGETING + EXPENSES <ol style="list-style-type: none">1. Define budgeting and explain its importance2. Create a personalized budget3. Explain how money is typically spent in a budget UNIT 32 MAKING MONEY MOVES WORK FOR YOU <ol style="list-style-type: none">1. Summarize the keys to making money doing what you love2. Connect your passions to money making opportunities3. Define basic terms around the topic of investing4. Evaluate how investing will impact your future UNIT 33 TAXES + GOVERNMENT <ol style="list-style-type: none">1. Explain the reason for taxes and their benefit2. Summarize the three types of taxes3. Differentiate the three basic levels of government4. Explain how to get involved in the political process UNIT 34 BANKING BASICS <ol style="list-style-type: none">1. List the differences between types of bank accounts and how banks work2. Explain the basics of credit and debt cards and how they can be used3. Demonstrate good credit card habits UNIT 35 LIFESTYLE + MONEY <ol style="list-style-type: none">1. Explain the flipped funnel approach to lifestyle planning including finances2. Reevaluate the financial aspect of your lifestyle roadmap
FUTURE READY	UNIT 36 THE FUTURE BELONGS TO THE MISFITS <ol style="list-style-type: none">1. Develop a personal meaning of “Misfit” as it applies to YOU2. Review and connect previous self-reflection and discovery with Misfit lifestyle goals3. Reevaluate your Lifestyle Roadmap based on your future readiness and journey in Find Your Grind4. Create your Misfit statement

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THEMES	36-UNIT CURRICULUM	27-UNIT CURRICULUM	18-UNIT CURRICULUM	9-UNIT CURRICULUM
Kickstart your personalized learning journey and understand the lifestyles that can define your career journey by taking...	→ Future Ready Assessment → Lifestyle Assessment → Career Compare	→ Future Ready Assessment → Lifestyle Assessment → Career Compare	→ Future Ready Assessment → Lifestyle Assessment → Career Compare	→ Future Ready Assessment → Lifestyle Assessment → Career Compare
Starter Kit: The WHY and HOW to begin living the life you want and being the person you want to be	→ Unit 1 Starter Kit	→ Unit 1 Starter Kit	→ Unit 1 Starter Kit	→ Unit 1 Starter Kit
All About You: The path to self-discovery is a reflective journey to who you really want to be	→ Unit 2 All About You → Unit 3 All About Your Personality + Interests → Unit 4 All About YourSELF → Unit 5 Your Life Cycle Journey → Unit 6 All About Your Communication	→ Unit 2 All About You → Unit 3 All About Your Personality + Interests → Unit 4 All About YourSELF → Unit 5 Your Life Cycle Journey → Unit 6 All About Your Communication	→ Unit 2 All About You → Unit 3 All About Your Personality + Interests → Unit 4 All About YourSELF → Unit 5 All About Your Communication	→ Unit 2 All About You (Part I) → Unit 3 All About You (Part 2)
Brand and Network: Explore and define how you want to represent yourself and how to build your network.	→ Unit 7 Your Personal Brand + Network → Unit 8 Brand + Digital Reputation → Unit 9 Social Media → Unit 10 Your Network → Unit 11 Network Like a Pro	→ Unit 7 Your Personal Brand + Network → Unit 8 Brand + Digital Reputation → Unit 9 Social Media → Unit 10 Your Network → Unit 11 Network Like a Pro	→ Unit 6 Your Personal Brand + Network → Unit 7 Brand + Digital Reputation → Unit 8 Your Network	→ Unit 4 Brand + Network
Opportunities: Explore pathways to multiple careers and develop the skills needed to be successful in the future of work.	→ Unit 12 Future-Proofing → Unit 13 Power Skills → Unit 14 Opportunities → Unit 15 Opportunity Pathways → Unit 16 Professionalism	→ Unit 12 Future-Proofing → Unit 13 Opportunities → Unit 14 Opportunity Pathway → Unit 15 Professionalism	→ Unit 9 Future-Proofing → Unit 10 Opportunities → Unit 11 Opportunity Pathways → Unit 12 Your Unique Pathway	→ Unit 5 Opportunities
Lifestyle: Start the journey to the life you want to live and build the roadmap to happiness!	→ Unit 17 Lifestyle → Unit 18 Gauge Your Lifestyle → Unit 19 Exploring Lifestyles → Unit 20 Lifestyle Roadmap	→ Unit 16 Lifestyle → Unit 17 Gauge Your Lifestyle → Unit 18 Exploring Lifestyles	→ Unit 13 Lifestyle → Unit 14 Gauge Your Lifestyle → Unit 15 Exploring Lifestyles	→ Unit 6 Lifestyle
Mindset and Balance: Life isn't always easy. Here are some tools to help you plan and find balance	→ Unit 21 Planning + Goal Setting → Unit 22 Balance Act → Unit 23 The Power of Gratitude → Unit 24 Stress + Mindset Shifts → Unit 25 Make Space + Time for You	→ Unit 19 Planning + Goal-Setting → Unit 20 Balancing Act → Unit 21 Reflecting on Your Plan	→ Unit 16 Mindset + Balance	→ Unit 7 Mindset + Balance
Leadership: Leaders set direction, inspire, and motivate. Are you ready to become a leader?	→ Unit 26 Leadership Basics → Unit 27 What Makes a Leader → Unit 28 Leadership in Action → Unit 29 Level Up Your Leadership	→ Unit 22 Leadership		
Money: Money is a huge topic! Learn how to sync it up with your lifestyle	→ Unit 30 Money Basics → Unit 31 Budgeting + Expenses → Unit 32 Making Money Moves Work for You → Unit 33 Taxes + Government → Unit 34 Banking Basics → Unit 35 Lifestyle + Money Goals	→ Unit 23 Money Basics → Unit 24 Budgeting + Expenses → Unit 25 Making Money Moves Work for You → Unit 26 Taxes + Government	→ Unit 17 Money	→ Unit 8 Money
Future Ready: Reflect on your Future Readiness and embrace your unique lifestyle, strengths, career goals, and more!	→ Unit 36 Future Ready	→ Unit 27 Future Ready	→ Unit 18 Future Ready	→ Unit 9 Future Ready

