



AN *aha!* MOMENT IN EVERY LESSON.

Course Overview

At the core of How Success Thinks are six key productivity concepts, from motivation and goal setting to creativity and relationship building, that explain why some people get so much done. Drawing on 3000 years of Jewish wisdom from the Talmud and Kabbalah—as well as the latest findings in neuroscience, psychology, and behavioral economics—this eye-opening course explains that the most productive people on earth don't merely act differently; they view the world, and their choices, in profoundly different ways.

By learning how to cultivate your signature strengths, adopt a growth mind-set, access your inner well of creativity, deal with weaknesses, and overcome procrastination and other obstacles that lie in the way of your success, Jewish wisdom and positive psychology will help you get more of what you want and less of what you don't.

CHABAD JEWISH CENTER

1024 Harrisburg Avenue ,
Lancaster, PA 17603 USA **Office:** 7177238783

Email: rabbi@jewishenrichment.com

Directions Contact

6 Sundays beginning Nov 6th - Dec 18th

6:00 PM - 7:30 PM

\$60.00 +\$25.00 book fee

REGISTER NOW

YORK JCC

2000 Hollywood Drive
Lancaster, PA 17403 USA **Office:** (717) 843-0918

Email: rabbi@jewishenrichment.com

Directions Contact

6 Wednesdays beginning Nov 16th - Jan 4th

7:00 PM - 8:30 PM

\$65.00 +\$20.00 book fee

REGISTER NOW

Ohev Sholom members should register with Carol Shapiro at carolshapiro1@gmail.com

Lessons Overview

Course Outline

LESSON 1

DEFINING YOUR SUCCESS (AND NOT ANYBODY ELSE'S)

Knowing what you want is the first step to getting it. So what is it that really matters most to you in your life? A great resume? An inspiring eulogy? Perhaps it's a blend of the two? Create your own definition of success—one that isn't dictated by the herd, but is guided by your own internal compass!

LESSON 2

SUCCESS YOU CAN BELIEVE IN

Do you believe you have what it takes to succeed? Perhaps success is not in your destiny? One thing is certain: to achieve success you must convince yourself that you can. This session explores Jewish insights into why you are here, what you were designed to achieve, and how this knowledge can help you gain confidence in your ability to achieve your goals.

LESSON 3

IDENTIFY YOUR SIGNATURE STRENGTHS

Little known to us, there's a secret weapon in our arsenal—a map that points the way to our success. If you can identify what your signature strengths are, what you are most passionate about, and what you are most resistant to, you've likely uncovered your mission in life and your unique path to success.

LESSON 4

UNLEASH YOUR INNER CREATIVITY

We are all explorers, we are all artists, we are all students, we are all poets, and we are all experts at something. Everyone is creative! It's in our DNA. In fact, the very thing that makes us question our creative abilities is often the key to tapping into our greatest creative resources. Explore Jewish insights that will help you unlock your innate well of human creativity.

LESSON 5

IT'S NOT WHAT YOU KNOW BUT WHO YOU KNOW

Success in relationships is key to success in every area of life, since almost every achievement involves another person. Negative traits, such as arrogance, jealousy, and anger, can get in the way of our relationships. How do we develop characteristics that win friends, resolve conflicts, and build deep and lasting relationships?

LESSON 6

GETTING UNSTUCK TO GET THINGS DONE

You've learned all the secrets, but you still can't seem to get the job done. What obstacles get in our way, blocking our ideas from translating into feelings and actions? This lesson dissects the anatomy of our psyche: how we develop our wants into ideas, feelings, and actions; and exploring where we get stuck and how we can get unstuck.

How Success Thinks: Jewish Secrets for Leading a Productive Life