

Life Skills Apprenticeship Program

with



Logistics

Life Skills Apprenticeship Program

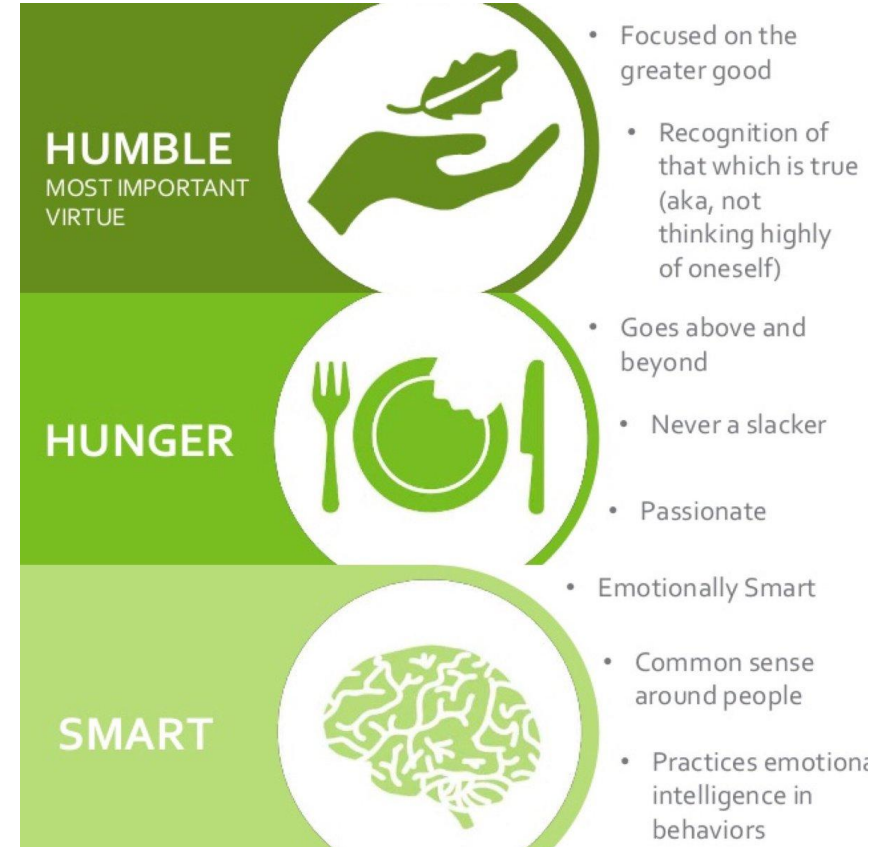
As a participant in the Life Skills Apprenticeship Program I, _____ agree to the following requirements:

- Give 100%
- Strive to be the best team player: Hungry, Humble and Smart
- Share openly
- Communicate

I understand it is important the I participate fully, not only for myself, but for the success of the group.

Signature of Participant

Date



Mission: Giving participants the opportunity to live a full life by empowering them with mental and physical skills to succeed.

MIND

- Mindset
- View of Self
- Language
- Actions

BODY

- Nutrition
- Activity
- Rest
- Fuel

SPIRIT

- Values
- Your Purpose
- Community Values

Weekly Goals

Week 1

Week 1 - Learning/Development and Choices

- Understanding Nutrition
- Understanding a Budget
- How to choose a Business that fits you
- Self-awareness

Example

Week 1 - Learning/Development and Choices

Students get to learn what foods fuel their body and good attitude, learn about shopping and staying within a budget and decide on a business model (Lawn Care)

Weekly Goals

Week 2

Week 2 - Development and Knowledge/Skill Building

- Grocery Shopping
- Fueling the Mind/Body/Spirit
- Skill Building for Business
- Marketing Skills

Example

Week 2 - Development and Knowledge/Skill Building

Students do the shopping and learn skills for business, how to run a push mower, rider, weed whipper, maintenance of items, and how to market their skills FB, fliers etc.

Weekly Goals

Week 3

Week 3 - Implementation and Problem Solving

- Improved Grocery Shopping
- Personal Development
- Business development - Skills and Marketing
- Implementing Business Idea

Example

Week 3 - Implementation and Problem Solving

Practice on lawn of choice, maintain equipment. Develop personal goals - clean professional appearance

Weekly Goals

Week 4

Week 4 - Improvement Process
and Knowledge/Skill Checks

- Nutrition and Activity Goal Setting
- Budgeting for Business and personal
- Implement Improvement processes for business goals
- Sharing Successes with Tiny Habits

Example

Week 4 - Improvement Process
and Knowledge/Skill Checks

Student now understands and demonstrates healthy living for mind/body/spirit and has a business model they can use to earn money

Schedule	Tuesday	Wednesday	Thursday
7:00am - 8:00am	Drop Off or Pickup#	Drop Off or Pickup#	Drop Off or Pickup#
8:00am - 8:30am	Grocery Shopping	*Breakfast	*Breakfast
8:30am - 9:00am	*Breakfast	Skill development	Personal Skill development
9:00am - 10:00am	Personal Development Business Prep	Skill development Business Implementation	Skill development
10:00am - 11:00am	Martial Arts	Skill development	Martial Arts
11:00am - 12:00pm	*Lunch	*Lunch	*Lunch
12:00pm - 1:00pm	Drop Off or Pickup#	Drop Off or Pickup#	Drop Off or Pickup#

Sensei Blue will be available to pickup and drop off students within 3 miles of TSD

* Students will be learning to shop, prep, and clean up after their own meals

Please ask questions

Sensei Blue

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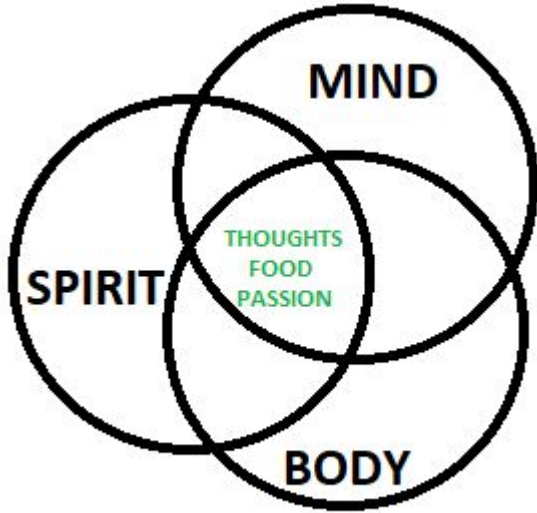
Sensei Betsy

Cell Phone: 920-737-5417

Facebook: Betsy Rawlins

Email: total.self.defense.wi@gmail.com

Fueling the **Mind, Body and Spirit** starts with what
you put inside



The **DRIVE** to succeed comes from
the **PASSION** that fuels your **SPIRIT**.

The **ABILITY** to succeed comes from
the **THOUGHTS** you use to fuel your
MIND.

For a **BODY** to **ENDURE** it must have
fuel that can support the **ACTIONS**.

There are no absolutes. No purely good or purely evil. The same is with the foods we eat.

Participants will learn to see food in a different manner.

GREEN foods are the least calorie dense foods, these are encouraged to be eaten.

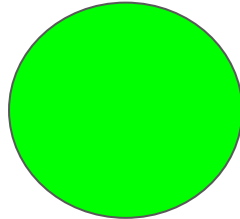
YELLOW foods are good for you but may have nutrients or calories that are not the best for us.

RED foods are high in calories and low in nutrients so while there is no off limit foods, these should be eaten less frequently and in smaller portions.

A Different View Of Food

GREEN Foods

Less Calories
for more
nutrients



Fruits:

- Tomatoes
- Cherry tomatoes
- Kiwi
- Watermelon
- Strawberries
- Oranges
- Grapes
- Raspberries
- Pineapple
- Blueberries
- Apples
- Pears
- Banana
- Cherries
- Peaches
- Mango
- Fig

Veggies:

- Radish
- Lettuce
- Cucumbers
- Mushrooms
- Bell peppers
- Carrots
- Broccoli
- Cauliflower

Grains:

- Whole wheat bread
- Whole grain pasta
- Whole wheat english muffin
- Whole grain pita
- Whole grain rice
- Quinoa
- Porridge
- Rolled oats
- Grits
- Brown rice
- Wild rice
- Rasam rice
- Oat bran
- Barley
- 12-grain bread
- Brown rice noodles

Beverages:

- Skim milk
- Almond milk
- Cashew milk
- Soy milk
- Non-fat latte
- Some vegetable juices
- Vitamin Water
- Unsweetened soy milk
- Tomato juice

- Asparagus
- Green salad
- Green beans
- Onion
- Peas
- Spinach
- Brussel Sprouts
- Potatoes
- Sweet potatoes
- Zucchini
- Corn
- Spaghetti squash

Eggs, meats, seafood, meat substitutes:

- Shrimp
- Egg whites
- Prawns
- White fish fillet
- Crab meat
- Raw oyster
- Broiled or grilled mahi mahi
- Broiled or grilled lobster
- Tofu

Snacks:

- Fruits and veggies
- Unsweetened applesauce
- Pickles

Condiments:

- Sauerkraut
- Salsa
- Hot sauces
- Spicy mustard
- Vinegars (red wine, apple cider, rice)
- Lemon and lime juice
- Horseradish
- Fish sauce
- Tomato sauce

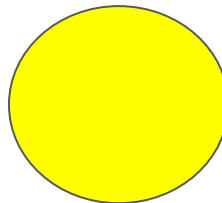
Dairy:

- Non-fat yogurt
- Non-fat greek yogurt
- Non-fat cheese sticks
- Non-fat cottage cheese
- Non-fat cheese
- Non-fat milk
- Non-fat sour cream

A Different View Of Food

YELLOW Foods

Some Calories Less Nutrients



Fruits:

- Olives
- Dried apricots
- Prunes
- Persimmons
- Canned pineapples
- Avocado
- Plantain

Veggies:

- Garlic

Legumes, seeds:

- Lentils
- Edamame
- Beans (baked, refried, etc)
- Tempeh
- Seitan
- Dal
- Quinoa salad
- Chickpeas

Eggs, meats, seafood, meat substitutes:

- Quail egg
- Crab cakes
- Steak
- Fish

Grains:

- Rice (basmati, coconut, yellow, jasmine, wild)
- Rice noodles
- English muffins
- Baked ziti
- Spaghetti
- Noodles
- Whole wheat bagel
- Whole wheat tortilla
- Couscous
- Corn tortillas

Snacks:

- Hummus
- Yorkshire pudding
- Fruit cup
- Banana pancake
- Rice pudding
- Fruit cocktail
- Acai bowl

Beverages:

- Diet sodas
- Vodka tonic
- Ginger beer
- Vodka soda
- Grapefruit juice
- Light beer/ some beers

- Sushi
- Shrimp
- Tuna
- Eggs
- Turkey
- Chicken breast
- Rotisserie chicken
- Meatballs
- Ham
- Lean pork
- Lean beef
- Lean lamb
- Deli meats
- Duck breast
- Canadian bacon
- Canned tuna

Dairy:

- Light/low-fat cream cheese
- Low-fat yogurts
- Low-fat milk (1%-2%)
- Low-fat cottage cheese
- Low-fat cheese

- Light beer/ some beers
- Orange juice
- Fruit smoothie
- Rice milk
- Unsweetened Cranberry Juice

Soups:

- Tomato bisque soup
- Cream of potato soup
- New England clam chowder
- Clam chowder
- Chili
- Beef chili
- Beef and vegetable stew

Condiments, sauces, and sweeteners:

- Splenda
- Stevia
- Gravy
- Oyster sauce
- Cacao powder
- Balsamic vinegar
- Mustard
- Soy sauce
- Pizza sauce
- Dried basil
- Sugar-free jelly

Fruits:

- Dates
- Raisins
- Dried cranberries

Veggies:

- None!

Eggs, meats, seafood, meat substitutes:

- Bacon
- 80% beef, “red meat”
- Sausage
- Fried chicken
- Hot dogs
- Meatballs
- Salami
- Turkey bacon
- Chicken wings
- Chicken nuggets

Dairy:

- Butter
- Margarine
- Full fat cheese (cheddar, American, mozzarella, swiss, gouda, parmesan)
- Goat cheese (feta)
- Whole milk

Snacks:

- Nut butter (almond butter, peanut butter)
- Nuts (almonds, pecans, peanuts, walnuts, mixed nuts)
- Tortilla chips
- Potato chips
- Crackers
- Popcorn
- Sunflower seeds
- Rice cakes
- Pretzels
- Protein bars
- Protein shake
- Trail mix
- Flax seeds

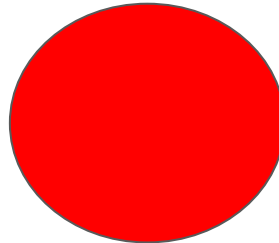
Beverages:

- Red wine
- White wine
- Champagne
- Regular soda (Coke, Pepsi, Mountain Dew, etc.)
- Coffee creamer
- Hot chocolate
- Vodka
- Margarita
- Apple cider
- Frappuccino

A Different View Of Food

RED Foods

More Calories
for the amount
of Nutrients



- Half and half
- Cream cheese
- String cheese
- Cottage cheese (4% or full fat)
- Curd
- Full fat yogurt

Grains:

- White bread
- Biscuits
- Pita bread
- Hamburger buns
- Hot dog buns
- French bread
- Flour tortillas
- Croissants
- Roti
- Bagels
- Granola
- Garlic bread
- Dinner rolls
- Naan
- Saltines
- Sourdough bread
- Waffles
- Muffins
- Corn Flakes cereal
- Falafels
- Banana bread
- Rusk
- Digestive biscuits

Desserts:

- Sugar
- Chocolate milk
- Dark chocolate
- Ice cream
- Cookies
- Cake
- Brownies
- Donuts
- Apple pie
- Candy
- Cheesecake
- Cupcakes
- Whipped cream
- Cinnamon roll
- Dahi

Condiments, sauces, and sweeteners:

- Olive oil
- Ranch dressing
- Sour cream
- Mayonnaise
- Ketchup
- Jam
- Barbecue sauce
- Oil & vinegar dressing
- Salad dressing
- Pesto
- Coconut oil
- Coconut milk
- Seasoned croutons
- Coconut chutney
- Tahini
- Honey

Food Plan Worksheet

Breakfast

Green

<input type="checkbox"/>	_____	Cost	_____
<input type="checkbox"/>	_____	Cost	_____
<input type="checkbox"/>	_____	Cost	_____
<input type="checkbox"/>	_____	Cost	_____
<input type="checkbox"/>	_____	Cost	_____
<input type="checkbox"/>	_____	Cost	_____
<input type="checkbox"/>	_____	Cost	_____

Yellow

<input type="checkbox"/>	_____	Cost	_____
<input type="checkbox"/>	_____	Cost	_____
<input type="checkbox"/>	_____	Cost	_____

Red

<input type="checkbox"/>	_____	Cost	_____
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Total _____

Lunch

Green

<input type="checkbox"/>	_____	Cost	_____
<input type="checkbox"/>	_____	Cost	_____
<input type="checkbox"/>	_____	Cost	_____
<input type="checkbox"/>	_____	Cost	_____
<input type="checkbox"/>	_____	Cost	_____
<input type="checkbox"/>	_____	Cost	_____

Yellow

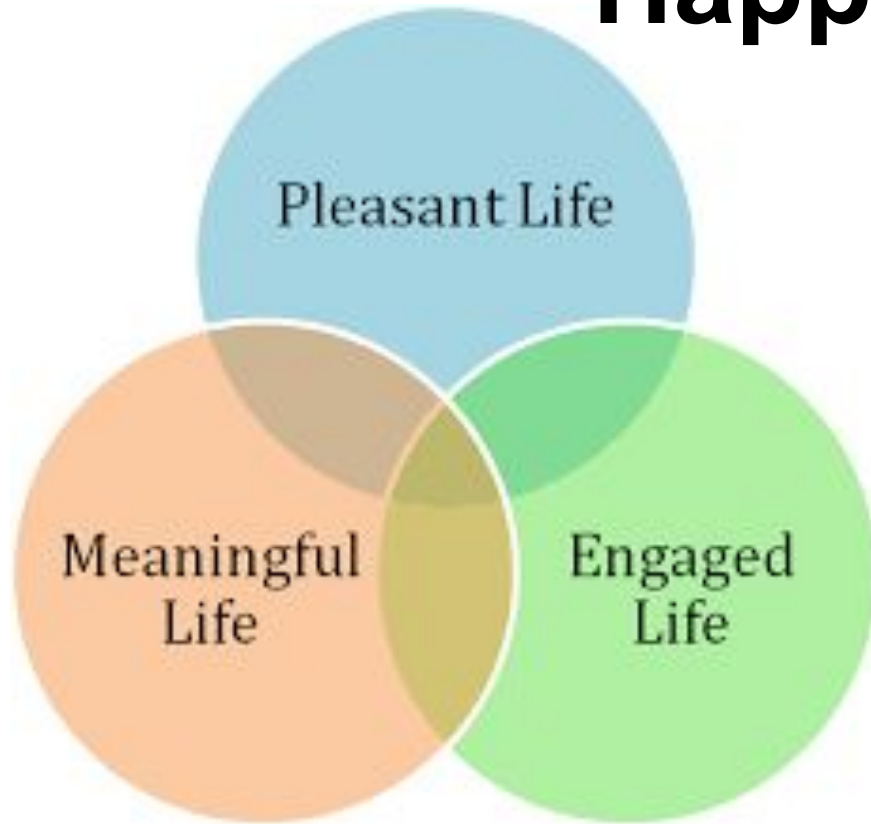
<input type="checkbox"/>	_____	Cost	_____
<input type="checkbox"/>	_____	Cost	_____
<input type="checkbox"/>	_____	Cost	_____
<input type="checkbox"/>	_____	Cost	_____

Red

<input type="checkbox"/>	_____	Cost	_____
<input type="checkbox"/>	_____	Cost	_____

Total _____

Happiness



Happiness is more often referred to as “subjective well-being” in scientific literature.

“Happiness” is more than merely a feeling of emotional contentment, though that is one aspect of happiness that Seligman refers to as the pleasant life. Seligman describes the notion of a full life as the end state when the three domains of happiness merge: the pleasant life, the engaged life and the meaningful life.

- Martin Seligman - Director of the Positive Psychology Center at the University of Pennsylvania

We will be utilizing Questionnaires from: <https://www.authentichappiness.sas.upenn.edu/>

The Life Skills Apprenticeship Program seeks to assist in highlighting aspects of happiness not only in martial arts training but also in a purpose.

Participants will choose a business opportunity to work as a team to accomplish goals.

Having a purpose and engaging in that purpose will help students realize their true goals and passions.

Our initial Session will focus on the Business opportunities that are listed in this packet, and will expand for future sessions.

Business Worksheet

	Lawn Care	Worm Farm	Car Maintenance	Gardening
Services/Product	Lawn cutting Weed pulling Grass trimming	Worms Worm Juice	Oil Change Interior detailing Exterior detailing	Planting Weeding Watering/Feeding
Equipment/Materials Needed	Mower/Weed Eater Trowel Gloves	Container Drain Bedding/Feed	Chemicals for cleaning Wrench/filter for oil change Paper towels - cleaning supplies	Trowel, rake, gloves, boots
Costs	Transportation Supplies	Bedding, feed, container, care	Transportation	Transportation
Other Considerations	Customer preferences Work Order	Sales Marketing	Customer Preferences	Customer Preferences

Identifying Strengths

The next few worksheets will be done as a group to encourage participants to identify strengths they may not see.

A Self-Awareness Worksheet will identify how they are seen in other people's eyes. This will allow participants to focus on what values they want to embrace and where they want to be in the future.

Participants will work on 3 aspects of themselves that they want to improve. Each aspect will be addressed in a separate Change Worksheet.

Self Awareness Worksheet

Self-Perception

Other Perception of Me

Change Worksheet

What I choose to change:

How badly do I want to change this? Not really 0 1 2 3 4 5 6 7 8 9 10 Definitely!

Action Plan

Breakdown what I choose to change into small steps

1. _____
2. _____
3. _____
4. _____
5. _____

Where does this change fit in my current routine? Where will I add my tiny habit?

Change Worksheet

What I choose to change:

How badly do I want to change this? Not really 0 1 2 3 4 5 6 7 8 9 10 Definitely!

Action Plan

Breakdown what I choose to change into small steps

1. _____
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Change Worksheet

What I choose to change:

How badly do I want to change this? Not really 0 1 2 3 4 5 6 7 8 9 10 Definitely!

Action Plan

Breakdown what I choose to change into small steps

1. _____
2. _____
3. _____
4. _____
5. _____

Where does this change fit in my current routine? Where will I add my tiny habit?

At the End of the 4 Week Session

- Basic Nutrition
- Budgeting
- Develop skills that support a business opportunity
- Develop skills for everyday life
- Increased Awareness of how to tackle a problem
- Aware of conflict resolution skills and techniques

References:

Lencioni, Patrick. *The Ideal Team Player: How to Recognize and Cultivate the Three Essential Virtues : A Leadership Fable*.

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Muth, Natalie Digate, and Daniel John Green. *Coaching Behavior Change*. American Council on Exercise, 2019.

Noom. “Best Foods for Weight Loss.” *Noom Inc.*, 4 May 2020, web.noom.com/blog/2019/12/best-foods-for-weight-loss.