

12-hour Prime For Life Syllabus

Use Options Sparingly

Most estimated times do not include optional videos or optional activities

Session One (4 hours)

EXPLORING UNIT	1
Starting the Program Guidelines.....	1
Prime For Life Introduction Sample	5 minutes 1-2
What Do I Value?15 minutes 2-6
Optional Balloon Activity.....	10 minutes 4
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Session Two (4 hours)	
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*select one story to share with the group from the video options.	
We recommend Most Expensive Jewelry or Someone Has to Pay.	
If you are running ahead of time, select 2-3 stories to share that fit your group best.	
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