

Positive Personhood: Continuing to Redefine Yourself While Valuing Others

Instructors: Stephen Kadoich and Jim Sesto

Class Date: Wednesday, 9AM-10:45

Syllabus: Spring Semester, 2020

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| Feb 05, Week 1: | The Way to Self Realization: Clarity of Purpose |
| Feb 12, Week 2: | Finding Truth: Looking at Your Experiences |
| Feb 19, Week 3: | The Mystery, Wonder, Frustration, and Joy of Choosing your Own Identity |
| Feb 26, Week 4: | The Highest Part of Yourself:
Self-Centeredness: Honoring Feelings |
| Mar 04, Week 5: | First Purpose: Self-Realization
Second Purpose: Growth |
| Mar 11, Week 6: | The Business of Creating a New Self:
"I am": Extremely Powerful Words |
| Mar 18 | OLLI Spring Break |
| Mar 25, Week 7: | The Highest Part of Yourself:
Self Centeredness Honoring Feelings Revisit |
| Apr 1, Week 8: | "I am" - Extremely Powerful Words:
Revisit..... Creation: Pure Choice |
| Apr 8, Week 9: | You Cannot Master All of Life:
Positive Perception of What Is |
| Apr 15, Week 10: | You Can Master <u>Your</u> Life: The One You Create |