

THE UNSHAKEN LIFE METHOD™

I AM UNSHAKEN – YOUTH EXPERIENCE*Grades 9–12 · 60-Minute Facilitator Guide***Session Overview**

This single 60-minute session introduces students to all seven practices of The I AM Unshaken Identity Path™ — Self-Knowledge, Stillness, Self-Compassion, Trust, Letting Go, Consistency, and Openness.

Given the time available, this session is designed as a genuine overview, not deep instruction on each practice — the seven are grouped into three clusters so students get a real, if brief, experience of each idea. Schools wanting to go deeper should be pointed toward the 8-week Identity & Leadership program, which pairs each of these same seven practices with a practical leadership skill.

Unlike the K–6 Primary Workshop, this session doesn't require heavy tiering across Grades 9–12 — the material lands in a broadly similar way across the full range. The one place grade level genuinely matters is life-stage relevance (a Grade 9 student isn't yet thinking about college applications the way a Grade 12 student is), so two lightweight adjustment notes are included below at the points where that distinction matters.

Materials Needed

Paper and pens for each student. No other materials required.

Learning Objectives

- Students are introduced to all seven Identity Path practices
- Students identify which practice feels most relevant to their own life right now
- Students leave with one practical tool they can use immediately

Session Plan

Welcome & Framing (5 min)

Introduce the session: "Today we're going to move quickly through seven simple ideas that make up something called The Identity Path — not to master any one of them today, but to give you a taste of all seven."

Cluster 1 — Self-Knowledge & Stillness (15 min)

Discussion Opener

"How different is the version of you online or in a group from the version of you when no one's watching? And when something upsets you, what usually happens between the moment it happens and the moment you react?"

Let's Talk About It

- What's one thing true about you that has nothing to do with how others see you?
- What helps you pause before reacting to something frustrating?

Quick Practice

A single grounding breath together (in for 4, hold for 4, out for 4, hold for 4), followed by writing one thing true about themselves on a sheet of paper to keep.

Cluster 2 — Self-Compassion & Trust (15 min)

Discussion Opener

"What's the harshest thing you say to yourself after a mistake — and would you ever say that to a friend? And is there something you're not sure will go well, but you want to try anyway?"

Let's Talk About It

- What would it sound like to talk to yourself the way you'd talk to someone you care about?
- What's the difference between needing certainty and trusting yourself to handle whatever happens?

Quick Practice

Students write down one harsh self-thought and rewrite it in a kinder, equally true voice.

Cluster 3 — Letting Go, Consistency & Openness (15 min)

Discussion Opener

"When do you compare yourself to others most? What's something you've started and stopped before? And what's something uncertain coming up in your life that you're learning to be okay not knowing yet?"

Let's Talk About It

- What's one comparison you could let go of this week?
- What helps you keep showing up for something, even when it gets hard or boring?

Grades 9–10: Frame the "uncertain future" question around high school itself — new classes, new social dynamics, changing friendships — rather than college or career, which can feel distant and less relevant at this stage.

Grades 11–12: College, career, and "what's next after graduation" land naturally here and can be named directly.

Quick Practice

Students name, out loud or on paper, one thing they're open to trying or feeling okay not knowing yet.

Closing Reflection (10 min)

Ask students: "Of the seven ideas we touched today, which one feels most relevant to your life right now?" Invite a few volunteers to share.

Close by naming all seven together: Self-Knowledge, Stillness, Self-Compassion, Trust, Letting Go, Consistency, Openness.

Introduce the next step: "If any of this felt useful, there's a full 8-week program called Identity & Leadership that goes much deeper into each of these — and pairs them with real leadership and presentation skills."

Grades 9–10: Position the 8-week program as building a foundation early — "the earlier you build these skills, the more of high school you get to use them."

Grades 11–12: Position the 8-week program as direct preparation for what's immediately ahead — college interviews, applications, and early leadership roles.

Facilitator Notes

- This session moves fast by design — resist the urge to let any one cluster run long, since all seven practices deserve their turn.
- Keep discussion genuinely open — some groups will engage more with certain clusters than others, and that's fine; the goal is breadth, not depth, in this session.
- Always close by naming the 8-week Identity & Leadership program as the next step — this session is explicitly designed as the front door to that program.
- If a class is unusually quiet or reserved, lean more on the written "Quick Practice" moments and less on verbal sharing.