

Personal Development & Legacy Syllabus

Thursdays, 1pm-2:30pm PST, SUMMER Semester

Virtual via Zoom

Lina Lopez

lplopez0126@gmail.com / 573.529.6747

Course Description

Personal Development is the best foundation for success in life. Understanding your core values, maintaining a growth mindset and developing transformative habits are some of the important aspects of it. With personal development, you design how life happens for you. Without it life happens to you. This class will not only educate you towards personal development. It empowers you to empower others, especially younger generations in your family, thus the legacy part. Expect to be intentional in goal-setting, time-management and journaling after this class.

Week	Topic	Notes
Week 1 / 5-28-2026	Week 1 Topic: Introduction to Personal Development & Legacy	
Week 2 / 6-4-2026	Week 2 Topic: Revisiting your Personal Vision Statement	
Week 3 / 6-11-2026	Week 3 Topic: Maintaining your Growth Mindset to Share with Everyone	
Week 4 / 6-18-2026	Week 4 Topic: Understanding your Core Values to Become a Positive Influence	
Week 5 / 6-25-2026	Week 5 Topic: Identifying your Transformative Habits that Can be Passed Around	
Week 6 / 7-2-2026	Week 6 Topic: Reaching Out to introduce how Goal Setting can make a Difference	
Week 7 / 7-9-2026	Week 7 Topic: Enhancing your Public Speaking to be an Influencer	
Week 8 / 7-16-2026	Week 8 Topic: Leading by Example on Good Grooming for Success	
Week 9 / 7-23-2026	Week 9 Topic: Prioritizing Health-Nutrition, Exercise & the Brain to Live Longer	
Week 10 / 7-30-2026	Week 10 Topic: Discussing Importance of Financial Literacy to Change Lives	

*Content/order/classes/speakers subject to change if necessary.