

Season 1 Episode 6 # YOUR STORY#

matrix M. Curriculum Schedule NO.1 (DD1)		
Matrix DJ send you the first egg	Confidence egg	seven days
* Start the lesson with a dialogue between DJ and the reader.		
Before Day 1, warm up!		
Get ready for half an hour every day. Quiet. The state of being undisturbed.	Have pen and paper ready. Ready to complete the task.	
Day 1		
Waka, this is time for Africa, Shakira	You're a good soldier Choosing your battles	you are an intense fighter fighting for your campaign. Choose lyrics to start with.
Some people say that self-confidence requires multiple successful experiences! That's bullshit!	Criticism!	
The importance of self-confidence - cultivating children's self-confidence is the soul of early childhood education.	Example: The example of an African grandmother.	Just do one thing. Encourage. You are doing a fantastic job. More than N children have achieved excellent results in distance self-study learning. There is only such an old lady in the unattended school. ----- Premise: You have to figure out what is morality and law. Above the moral law. It cannot violate the basic principles of morality and law.
Knowledge Supplement: The fight between the two parts of the brain. Low-level vs. high level	Show Dalio's explanation more clearly.	Wake up, little Susie!
Your lower brain thinks: You can't. You are ugly. You are doing poorly.	Your deep brain doesn't think so.	
All we must do now is awaken our deep brain.		
Keep playing time.	Stone fox	Good for self-reflection.
Read Think and Grow Rich on the first-day p 4- p 7	photocopied version. It cannot infringe.	How the deaf dad instilled confidence in his child.
Day 1 Task: Meditate.	Music: Lucky by Lenka.	Or your favorite music. Tell yourself in the piece: xxx, I can do this!
I am lucky! I got so lucky! Life is fantastic! ① Learn to praise. ② There is no limit to the object of praise. ③Example: Praise your baby. Praise your dad. Praise a tree. Praise a pen. Brag about yourself. Praise a flower. Praise this delicate beginning of spring. Praise strangers. Praise this glass of water. Boast anything in this world!		
<u>Matrix DJ music list about praise (DAY1)</u>		
○ Praise yourself: "Zhang Xuan" baby		
○ Desperately boasting about myself: "She loves me " will. i.am Song of Hippopotamus		

- Kudos to Mom and Dad, "Thank you, dear!" » **Xie Xinzhi**
- Praise Daughter Lucky by Lenka
- Exaggerating the sea: "Golden Shrimp" | The beautiful earth has beautiful oceans. Many lives and many shrimps live in the sea.
- Praise your lover: I love you because by Jim Reeves | You Are the Solutions by **Lauren Dunn**
- Praise the stars and yourself: "The Brightest Star in the Night Sky" Deng Ziqi
- Kua Frog: "Little Leaping Frog"
- **Praise a tree: I na tree | Priscilla Ahn**
- Praise the stone, praise the earth: I Love the world! I love the sky!
- Praise time: good time | duck eggs | Or the Chinese version of "Good Day."
- Praise is difficult: Trouble is a Friend by Lenka
- Praise life: one life. Mike Perry
- Kua Bird: b beautiful birds by Passenger
- Praise the Chinese language: "Chinese Language" S . HE
- Praise Rainy Night Flowers: "I Love Rainy Night Flowers"
- Keep on boasting, "pretty flowers " **Steve Martin**
- Praise fireflies "fireflies " O w l city
- Parise today «best day of my life » A American Authors
- **Praise our solar system "みんなの solar system"つじあやの**
- **Kua bird fly love Jamie Foxx**
- **Praise the mountains! I Love the Mountain** by Houaida Goulli

D2 _

DJ's second-day self-confidence course		
Did you finish it yesterday? You can only go to the next step if you have finished!		
How did you feel after reading the "Think and Grow Rich" passage yesterday?		
Which song did you listen to yesterday that praised something? Or did you create your own?	Please send us the songs you've heard praise!	
Enter learning today.		
Before studying, let's listen to the song first. What Little Shrimp Eggs prepares for you is:	Fireworks fruit sister.	
Baby, you are the fireworks!	Suitable for all toddlers and parents of toddlers	
daisies	fruit sister	Especially suitable for pregnant mothers!
Rock Hammer by Thomas Newman in The Shawshank Redemption	Remember, hope is a good thing—maybe even the best thing on earth. And good things never go away.	Suitable for all boys and girls. Especially all the dads!
We choose to go to the moon.	Sample from John F. Kennedy's Lecture on Aerospace at Rice University	Suitable for all boys who have space dreams! Girls! Suitable for all of you who have dreams!

(September 12, 1962) - We
Choose to Go to the Moon

But why, some say, the moon?
Why choose this as our goal?
And they may well ask, why
climb the highest mountain?
Why, 35 years ago, fly the
Atlantic? Why does Rice play
Texas? (However, some
people ask, Why the moon?
Why choose the moon as our
goal? Then they may ask, why
did we go to the highest
mountain? Why did we fly
across the Atlantic 35 years
ago? Why did Rice fight
Texas?)

We choose to go to the moon.
We decide to go to the moon.
We choose to go to the moon
in this decade and do the other
things, not because they are
easy, but because they are
demanding because that goal
will serve to organize and
measure the best of our
energies and skills. After all,
that challenge is one that we
are willing to accept, one we
are unwilling to postpone, one
which we intend to win, and
the others, too.

(We decided to go to the
moon, we decided to go to the
moon in this ten years, and
other things, not because they
were easy, but because they
were difficult because this goal
will promote the organization
of our best capabilities and the
test of our best skills because

	this challenge is one we are happy to accept because this challenge is one we do not want to postpone, because this challenge is what we are determined to achieve, and the same for other challenges!)	
Knowledge Tips:		
Marisa Peer	Ted video four days practice this.	Apply in confidence building .
(1) Whatever you tell your mind, your mind believes.		
Your mind did exactly what you told it to do.		
If you told your mind, "This exam kills you,	Play truant, other things, your mind	I will give you the flu or other items.
The brain does what you tell it to do. So let him do something good.		
(2) pictures and words you told yourself.		
(3) familiar with unfamiliar		
(4) pleasant and pain principle		
Day 1	General description about these!	
But the questions are how to apply.		
Day 1 application		
Little Shrimp DJ, please think back to the two scenes that happened to you recently ① One is when we were young, we were all scolded by our parents (of course, you may be the kind of good boy whom parents deeply love) most of us have problems like this baby, have been scolded by parents.		
Was I being scolded by the boss and being scolded by the teacher? What do you feel?	Either ignore it. Either doubt yourself.	I'm terrible.
The second scene ② reflects on an event that makes you proud. It can be praised. How do you feel? I'm perfect. (But how long can this feeling that I'm perfect last?)		
Imagine that your Mind (brain) is also an egg. This egg cannot judge whether what you say about yourself is sound, harmful, radical, or destructive. If you tell your brain, it will accept everything.		
Since that's the case, why not tell your brain something good?		
Don't say bad things about yourself, the law, or your colleagues; always expect the best.	Even if he disappoints you.	Always remember to expect the best!
P practice: let's write a poem together!		
Our brains have different compartments.		
Here is an episode of "Why Not " for everyone	Jónsi	We bought a zoo.
	You know, sometimes all you need is 20 seconds of insane courage—just literally 20 seconds of just embarrassing	Why not a very magical sentence?

	bravery. And I promise you, something great will come of it.” —Benjamin Mee. Kelly: Why did you buy the Zoo? Why not?	
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When I was in High School, I told myself, since x can be the top student, why can't I be the best student? Why not?		
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Why not?

Since _ _____ (list the people you admire 1, whether it is your father, Kobe, Van Gogh, the courier brother downstairs, or anyone who makes you feel outstanding and makes you think that you want to learn) can do it _ _____, WHY not why I cannot do _ _____! Yes, I can do this!

Since _ _____ (list the people you admire 1, whether it is your father, Kobe, Van Gogh, the courier brother downstairs, or anyone who makes you feel perfect and makes you think that you want to learn) can do it _ _____, WHY not why I can not do _ _____! Yes, I can do this!

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More? Then continue!

Name 5 of my favorite things. (As long as it does not violate the law, violation of morality can become something you like)

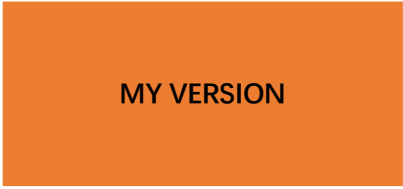
1. I like _____.
2. I like _____.
3. I like _____.
4. I like _____.
5. I like _____.



MORE, continue!

Name five things I am best at. (it doesn't have to be a big deal)

1. I am good at _____.
2. I am good at _____.
3. I am good at _____.
4. I am good at _____.
5. I am good at _____.



More? Continue!

About me!
I have a purpose!

How is everything? Please send us your poem.	We have an exceptional card for you!	
Summarize what we have done these two days.		
Quote a piece of music.		
My Best Life (feat. Mike Waters)	KSHMR Mike Waters	
Xiao Xiadan reminds you: Sometimes, what parents say must be corrected.		
Apply the “pleasure and pain” principle in confidence	Tips for knowledge points 1.	
The first element to improve self-confidence: permission.	Tips for knowledge points 2.	You have to give your heart permission to try and make mistakes.
Interlude movie "Yes to Life."	① S AY YES TO YOUR LIFE!	② Embrace everything!
Interlude music:	Good and bad things	
Homework sharing:	S AY YES!	
Yes, trouble! Yes, the pain! Yes German! Yes, French!	Yes. (Write your Yes poem/music)/drawing	
Try Day Edition	This song is especially played for mothers who have given birth to children, are dissatisfied with their figure, and need more confidence. You must love the imperfect self. You have to love her!	
You are going to be ok. Late Night Edition	This song is for all anxious and troubled parents.	
Baby Zhang Xuan	To all the little ones and their parents.	
D4	UNTIL NOW(WHAT WE LEARN)	
Knowledge point 1: Turn unfamiliar feelings into familiar ones.	Say yes to life!	
	I am good at it.	
	My Music Meditation Checklist	
	Praise everything!	Meditate with a music list.
	Pleasure and pain	
Pleasure	Yes, I want to get up early!	This is what I want!
	Yes, I want to get the job done!	I can do this!
	Yes, I want to eat healthy food with my family!	

	Yes, I want to read!	
Pain _	EAT BAD FOOD WILL DAMAGE OUR LIFE	
	Procrastination will be a disaster.	For example, I think about how I will feel if I don't finish it on February 1st.
	Complain is not my choice.	
	Review the knowledge points you have learned.	
Today, Xiao Xiadan will take you to learn new knowledge.		
1. Knowledge point 1	Reality =images in your head and words you told yourself!	
So, to change reality, we must change the words we tell ourselves and the images in our heads!		
LIFE IS FANTASTIC!	Words in my head	
2. Knowledge 2.		
child knowledge (1)	What is a team?	
point of knowledge	You love each other!	Family, work, colleges, friends with common goals
	Or even the whole universe	The whole planet (humans as a team)
You have a backup! You are not alone!	We live in the community!	
Oyou're children, and ours are on the same team! Family team!		
Sub-knowledge points (2)		
Find that team that will support you no matter what happens!		
Family team		
Friends with common goals your real friends		
Spiritual team		
① We are on the same team. (that's why we're making a third part. We're going on a whole new journey together.		
② When you have your little golden egg, you and your little golden egg become happier and happier—Getting more affluent and prosperous. You will change the world.		

③ And we will receive your feedback and have more confidence to continue this business.		
When you encounter difficulties in the journey of struggle, you and us, we are in a battle fortress; you will not be alone!		
music sharing		
movie sharing		
Operation:		
1) w what new words do you want to tell your mind?		
2) who is being with you?		
U S! And who and who?		
D5		
1. Review _	the four dimensions of Marisa Peer.	
2. Knowledge sharing		
The third element of confidence building	Curiosity	
A diary of success written by a little girl in "Puppy Money."	Keep encouraging yourself! Motivate yourself!	
Vision board makes you confident D1(VISION BOARD)	We help to give many material pictures.	
a.		
b. D 6		
Review all knowledge points.		
1. New knowledge point: the principle of a vision board.		
Vision board D2		
Homework: Share what you've learned!		
Homework: "M Y DAILY Success Diary" D A1		
" Help "		
You are smart! You are kind! You are important!		
D 7		
Review what we have done in the past seven days.	What knowledge points have you learned?	
Vision board Day3- Completed version	Electronic version p pt Bedroom Edition - Print Photos	Mobile version - Pretend to swipe your phone.

	Write a good comment!	
"M Y DAILY Success Diary" D 2	Continuing to write all our courses from start to finish.	