



E V E R Y   S T U D E N T

***READY FOR LIFE***



PREVENTION. LEADERSHIP. RESILIENCE.

DESIGNED FOR MIDDLE & HIGH SCHOOL STUDENTS



EVERY STUDENT RESILIENT AND READY FOR LIFE.  
**MADE SIMPLE. DONE FOR YOU.**

*We know that educators often find it difficult to adequately address the life challenges that students face in today's world with the significant demands of teaching and meeting academic requirements.*

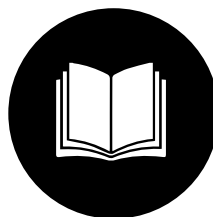
**WE PROVIDE THE CONTENT AND THE PEOPLE FOR SUCCESSFUL IMPLEMENTATION.**



CLASSROOM EXPERIENCE



MENTORING



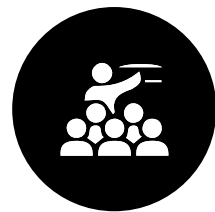
SELF-GUIDED BOOK EXPERIENCE



ADVISORY DONE FOR YOU



ASSEMBLIES



PROFESSIONAL DEVELOPMENT



MEDIA AND ENVIRONMENTAL



SPORTS LEADERSHIP

Drug free.  
Resilient.  
Connected.  
Equipped.  
Healthy.

Often, school staff members find it difficult to adequately address the life challenges that face students in today's world with the significant demands of teaching and meeting academic requirements.

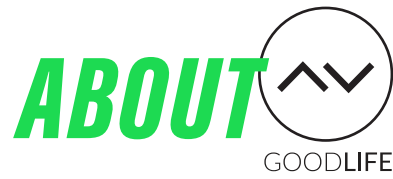
*WE CAN HELP BY PROVIDING:*

- › Targeted **Classroom** Teaching
- › Guided **Mentoring** through the GOODLIFE Leadership Society (GLS)
- › **Self-Guided** workbook experience
- › **Advisory Period** content while adding almost no added workload to teachers
- › **Assemblies** for students
- › **Professional Development** for teachers and staff
- › Digital and print **Media** content to engage students
- › **Sports Leadership** Training for coaches and players (*Coming Soon*)

GOODLIFE comes alongside your school's parents, administrators, teachers, coaches, and volunteers to empower youth with the mindsets and skills needed to navigate their responses to life circumstances, overcome obstacles, build healthy relationships and handle conflict with others, make constructive decisions, and set and achieve goals that impact the world in a meaningful way. We deliver these life skills using evidence-based, research proven, tools that create opportunities for new ways of thinking that lead to better outcomes for students and improved student culture.



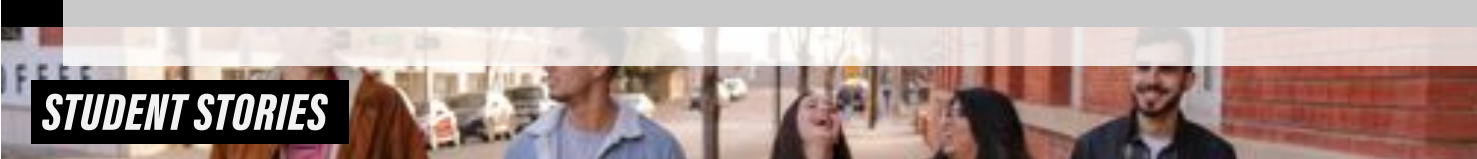
**WORKING HAND IN HAND WITH SCHOOLS TO SEE  
A **BETTER OUTCOME** FOR EVERY STUDENT.**



**GOODLIFE** has been architected using evidence-informed prevention frameworks. **GOODLIFE** provides the strategy to connect to today's youth with confidence using the best tools and methods available.

Research shows that mentored youth are less likely to skip school or engage in drinking, drugs, and violence. Clear teaching through consistent messaging in addition to mentoring also reduces risks of early antisocial behavior, alienation, family management problems, and lack of commitment to school. Finally, the framework helps students overcome barriers to academic success.

**GOODLIFE**, delivered by The Cleft non-profit for youth, is a Tier 1 and 2 prevention and intervention educational strategy that improves the mindset and life skills of middle and high school students.

A horizontal banner image showing a group of diverse young people in a school hallway. Overlaid on the left side of the banner is a black box with the text 'STUDENT STORIES' in white, bold, sans-serif font.

**STUDENT STORIES**

I think me and pretty much everybody ever is at least a little bit guilty of doing something because someone else was doing it. The **GOODLIFE** lessons you taught helped me be me.

**-Evan**  
**GOODLIFE Classroom Student**

Most of the time I will listen to someone's advice and not really do it because it doesn't seem helpful, but I have taken everything in the **GOODLIFE** teaching to heart. I am very thankful that you came to our class.

**-Acaysia**  
**GOODLIFE Classroom Student**

The most impactful less you taught was about how relationships can make you or break you. I've had a pretty rocky road with my Dad for a while and your talk helped me realize that I should talk to him. I bottle up how I feel a lot until I snap, which has happened a lot more this year than I would like. **GOODLIFE** has helped me relieve a little bit of that.

**-Zoey**  
**GOODLIFE Classroom Student**

# 4FACTORLIFE

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**Do you love your life?** As people, we're all unique and come from different walks of life. However, no matter our age, gender, or background most of us generally want the same things. We want to live with internal peace, free from crumbling under the weight of anxiety and the negative pressures of life. We want meaningful relationships with others we really know, and who really know us and love us anyway. We want to make decisions that we know are best and will lead us to the best life possible. We want to live life with purpose, knowing that we're adding value to others and the world around us.

GOODLIFE illuminates the possibility to discover the life we love. GOODLIFE delivers the teaching and tools to experience more life and a better story through the core areas we call the "4FACTORLIFE."

**USING 4FACTORLIFE  
AS A GUIDE, WE LIVE  
BY THE CODE TO  
EXPERIENCE MORE  
LIFE AND A BETTER  
STORY.**



EVERYTHING BEGINS  
WITHIN



RELATIONSHIPS  
CAN MAKE YOU  
OR BREAK YOU



CHOICES  
DETERMINE  
OUTCOMES



THE PATH OF  
POSSIBILITY



EVERYTHING BEGINS  
WITHIN

## FOCUSCODES

*// WE LIVE LIKE WHO WE ARE MATTERS MOST.*

*// WE EMBRACE THE TENSION THAT MAKES US BETTER.*

The inside you that no one can see will determine  
the outside you that everyone can see.

FOCUS is all about examining our thoughts, emotions, motives, and intentions that guide our lives.

The “inside you” that no one sees ultimately determines the “outside you” that everyone sees. We can only put on a “good” front for so long until things close in on us and reveal that things haven’t been “good” at all. We do well at filtering our lives and crafting the “story” we want everyone else to see, but we often fail to examine and pay attention to what is happening on the inside.

### **THEMES ADDRESSED**

*Self-Awareness, Understanding Adversity, Decision Making, Confidence, Self-Motivation, Internal Reflection, Integrity, Honesty, Peer-Pressure, Restraint, Resistance Skills, Personal Power, Self-Efficacy, Managing Stress, Sense of Purpose, Positive Behavior, Problem Solving, Perseverance, Positive Thinking*



RELATIONSHIPS  
CAN MAKE YOU  
OR BREAK YOU

## FREINDCODES

*// WE BECOME THE KIND OF FRIENDS WE'D LIKE TO HAVE.*

*// WE INVEST INTO THE RELATIONSHIPS THAT HELP US GROW.*

The life we want will hinge on the friends we have.

Relationship equals influence and influence equals power. This means that the people we invest our time, energy, and emotion into will be the ones who often have the power to influence and direct our lives. We'll go to them when we need advice, help, or just someone to hang out with. If we're going to live the **GOODLIFE** we must pay close attention to the people we're surrounded by, because the life we want will hinge on the friends we have.

## **THEMES ADDRESSED**

*Relationship Skills, Conflict Resolution, Sensitivity, Communication, Kindness, Trust, Social Competence, Empathy, Interpersonal Skills, Caring, Support, Listening Skills, Respect, Cooperation, Encouragement, Service to Others, Relationship Boundaries, Positive Peer Influences*



CHOICES  
DETERMINE  
OUTCOMES

## FREEDOMCODES

**// WE MAKE DECISIONS TODAY THAT WE'RE STILL GLAD WE MADE TOMORROW.**

**// WE LIVE LIKE EVERY DECISION MATTERS.**

Freedom is the power to own your life story.

The greatest gift we have is freedom. Freedom is the pathway to think, believe, and act as we choose. In some extreme cases, our freedom in one or more of these areas has been violated and/or taken from us. For others, the way someone else used their freedom to think, believe, and act has impacted our story.

Even when circumstances and the decisions of others bring devastating hurt and discouragement into our lives, we still have the power to determine how we will think, believe, and act in response. Placing blame on people and circumstances gives those people or things power and, as a result, we give away the freedom we have to own our life story. Freedom is about acknowledging that we have the power to choose the outcome of our story.

## **THEMES ADDRESSED**

*Decision Making, Self-Efficacy, Responsibility, Self-Control, Evaluation of Consequences, Personal Ownership, Perseverance, Boundaries, Personal Development, Overcoming Obstacles, Positive Thinking, Planning, Sense of Purpose, Ethical Standards, Safety, Social Norms, Managing Stress, Goal Setting, Achieving*





THEPATH OF  
POSSIBILITY

FUTURECODES

*// WE DO THE SMALL THINGS THAT MAKE BIG THINGS HAPPEN.*

*// WE STRIDE TOWARD THE LIFE WE WANT.*

What is, is not all there is.

What “is” is not all there is. Every moment of our lives has led us to where we are now. We are all standing at the edge of where we have been and where we will go. When we embrace the gifts and desires we have and the experiences life has brought us, we can use them to create the life we want to live. The past can shape us and teach us but it does not define us. We experience the **GOODLIFE** when we choose to own every moment as we take one step forward at a time.

### ***THEMES ADDRESSED***

*Goal Setting, Self-Motivation, Gratefulness, Celebration, Success/Achievement, Positive Consequences, Encouragement, Support, Positive Values, Responsibility, High Expectations, School Engagement, Discipline, Career Exploration, Perseverance, Positive Habits, Sense of Purpose*

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