



# What is it and Why is it important?

## What is PX2™?

A curriculum of The Pacific Institute®, Inc. (TPI) designed exclusively for young people teaching them how their mind works

## Why is it important for young people to learn how their mind works?

- Their current beliefs and attitudes shape their expectations for the future
- Being in control of what they think, they have the power to change the way they live their lives
- Once they understand how their mind works, they have self-confidence, self-esteem and a strong belief in their ability to create a positive future for themselves
- PX2 is a life-changing experience not just for teens, but for the entire family. It promotes positive communication among family members, building stronger relationships

## How is PX2 taught?

- Lou Tice teaches the concepts on DVD illustrating with stories and parables
- Singer/Songwriter Antowaine Richardson illustrates with music
- Learning is assured and stimulated by a certified facilitator
- Example of video units: <http://www.thepacificinstitute.com/px2video.html>  
[http://www.youtube.com/watch?v=mRhg\\_iLB0PI&feature=related](http://www.youtube.com/watch?v=mRhg_iLB0PI&feature=related) (& related You Tube videos)

## Options for schools

- Curriculum can be taught as part of the school's curriculum or 2-day program
- Facilitators (either TPI or teachers trained by TPI)
- Materials Provided (includes DVDs, manuals, post course reinforcement)

## PX2 teachings can be tailored to focus on

- Leadership
- Career Orientation
- Academic Excellence
- Sports Team Performance

## Expected benefits

The student curriculum has been used to:

- Increase student test scores, e.g., GPA (grade point average)
- Strengthen the culture of the school
- Improve self-esteem and personal growth for students and staff
- Increase student retention
- Increase college enrollment

## Benefits: GPA case study

The results one year after taking TPI's *Thought Patterns for Success™* student program:

- Students without TPI: average GPA of 2.30
- Students with TPI: average GPA of 3.109

*(A study done by National American University, South Dakota. Offers the Thought Patterns student program to every new student at all eight of its campuses)*

## Benefits: culture case study

Some schools want to create a high-performance culture for students and staff

- Pre TPI training: culture was problem-focused, defensive, and compliance driven
- Post TPI training: Now the belief is "We are not perfect, but better than we used to be. Now solution driven"

*(The Detroit Job Corps Center used the Human Synergistics® measuring tool that TPI offers to help measure and assess culture)*

## The Pacific Institute®, Inc.

- Since 1971, The Pacific Institute has assisted organizations and individuals worldwide unleash their potential
- Its programs are solidly grounded in the latest research results in Cognitive Psychology and Social Learning Theory from prestigious universities and authorities such as:
  - ❑ Dr. Albert Bandura from Stanford University
  - ❑ Dr. Martin Seligman from University of Pennsylvania
  - ❑ Dr. Gary Latham from University of Toronto
- TPI's student programs have been implemented in over 300 higher education institutions in the past 16 years.

## TPI's client list

- Over 60% of the Fortune 1000 companies
- All branches of the U.S. Military
- Education and Social Service Agencies
- Professional Athletes

## About Lou and Diane Tice

- Co-founders of The Pacific Institute. Their belief in "no limits" has led them to become highly respected educators around the world
- Lou is a masterful business leader, teacher and educator. He is remarkably successful at empowering individuals to achieve their full potential; his unique style of teaching has brought him students from all over the globe
- Diane is responsible for creating and developing TPI's robust and science-based curricula
- They have taken the complex concepts and current research results from the fields of Cognitive Psychology and Social Learning Theory and made them accessible, easy to understand, and to use
- Diane and Lou make their home in Seattle, Washington

*Human Synergistics International, Plymouth, MI U.S.A.*



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# Learning Units

- Step 1**     **My Mind Is Made Up**  
There is more in the world than our human senses allow us to perceive. We build our own scotomas (blind spots), and we can break them to help us “see” what we’ve been missing.
- Step 2**     **Who Do I Listen To?**  
When we lock on to one point of view, we miss other alternatives, and may buy into someone else’s version of “the truth.”
- Step 3**     **How My Mind Works**  
The conscious, subconscious and creative subconscious all work together to keep us acting like we “know” ourselves to be. Understanding this process is the first step toward being able to change our expectations for the future.
- Step 4**     **Opening Up the Powerhouse**  
We act like we know ourselves to be. By opening up our awareness, we find what we need to create the future we want.
- Step 5**     **Changing My Attitudes and Beliefs**  
Are you leaning toward or away from your future? Avoidance is a sure sign that an attitude is getting in your way.
- Step 6**     **How My Beliefs Are Formed**  
Thoughts accumulate to become beliefs, and our “self-talk” is a powerful tool when used to raise our own self-image to that next level.
- Step 7**     **I’m Worth It**  
It is important to think well of ourselves, because we draw to ourselves what we feel worthy of receiving – including a purposeful future.
- Step 8**     **Stretching My Comfort Zones**  
We naturally seek the familiar, but this instinct can be holding us back from an exciting and fulfilling future.
- Step 9**     **Moving Up and Out**  
Goals keep us moving forward, and without them we keep repeating yesterday, last month or last year.
- Step 10**    **Ready to Create My Future**  
Affirmations are the key to change – change that happens quickly and without stress. Send yourself out of order, and you will automatically seek order.
- Step 11**    **Taking Charge of My Life**  
Imagination and forethought are unique to humans. We use them to their greatest advantage as we visualize our goals into achievement.
- Step 12**    **Motivating Myself**  
There are no “have-to’s” – put your life on a “want-to” basis and you’ll find yourself taking on more and giving yourself the freedom to be accountable for your decisions.



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