# HAI Detailed Curriculum

**Living a Conscious Life**

**What you will learn:**

* What it means to become conscious
* Becoming aware of your values and beliefs
* The Needs of each stage of development
* How to align with your deepest motivations
* How to get into and stay in a state of flow

Upon completion of this course, you will be able to understand and explain the benefits of living a conscious life.

**Living a Values-Driven Life**

**What you will learn:**

# Why values-based decision-making is important

* The values of humanity
* How your values compare to the values of humanity
* How to survive in a toxic work culture
* The values that are necessary for the evolution of democracy

Upon completion of this course, you will be able to understand and explain the benefits of living a values-driven life.

# Living a Purposeful life

**What you will learn:**

# Becoming aware of the needs of each stage of development

* Living in alignment with each stage of development
* Living in alignment with the stage of development you have reached
* Discovering your Soul’s purpose
* Taking your Soul’s purpose to work
* Joining the “Leaders on Purpose” Community

Upon completion of this course, you will understand and explain the benefits of living a purposeful life.