



Program: *Quest for the Empowered Self*
(COUN120 Quest for Identity/Life Skills)

Start Date: January 18, 2005

End Date: May 20, 2005

Program Airs on ETV: **Tuesday & Thursday 6:00a.m. - 6:30a.m.**
Friday 11:00p.m. - Midnight

Program Airs on ITV: **Sunday 10:00a.m. - 11:00a.m.**

Ch.	Date	Start Time	End Time	Program(s)
ETV	January 18, 2005	6:00 AM	6:30 AM	101: Finding Your Life Answers Within
ETV	January 20, 2005	6:00 AM	6:30 AM	102: How to Make Inner Changes
ETV	January 21, 2005	8:00 AM	9:00 AM	101: Finding Your Life Answers Within 102: How to Make Inner Changes
ITV	January 23, 2005	10:00 AM	11:00 AM	101: Finding Your Life Answers Within 102: How to Make Inner Changes
ETV	January 25, 2005	6:00 AM	6:30 AM	101: Finding Your Life Answers Within
ETV	January 27, 2005	6:00 AM	6:30 AM	102: How to Make Inner Changes
ETV	January 28, 2005	8:00 AM	9:00 AM	101: Finding Your Life Answers Within 102: How to Make Inner Changes
ITV	January 30, 2005	10:00 AM	11:00 AM	103: Values Clarification 104: Discovering What Motivates You
ETV	February 1, 2005	6:00 AM	6:30 AM	103: Values Clarification
ETV	February 3, 2005	6:00 AM	6:30 AM	104: Discovering What Motivates You
ETV	February 4, 2005	8:00 AM	9:00 AM	103: Values Clarification 104: Discovering What Motivates You
ITV	February 6, 2005	10:00 AM	11:00 AM	105: Discovering Your Personality 106: Key Personality Theories/Writing a Life Mission Statement
ETV	February 8, 2005	6:00 AM	6:30 AM	105: Discovering Your Personality
ETV	February 10, 2005	6:00 AM	6:30 AM	106: Key Personality Theories/Writing a Life Mission Statement
ETV	February 11, 2005	8:00 AM	9:00 AM	105: Discovering Your Personality 106: Key Personality Theories/Writing a Life Mission Statement
ITV	February 13, 2005	10:00 AM	11:00 AM	107: Accessing Your Inner Guidance System 108: Increasing Your Emotional Intelligence
ETV	February 15, 2005	6:00 AM	6:30 AM	107: Accessing Your Inner Guidance System
ETV	February 17, 2005	6:00 AM	6:30 AM	108: Increasing Your Emotional Intelligence
ETV	February 18, 2005	8:00 AM	9:00 AM	107: Accessing Your Inner Guidance System 108: Increasing Your Emotional Intelligence



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Ch.	Date	Start Time	End Time	Program(s)
ITV	February 20, 2005	10:00 AM	11:00 AM	109: Empowering Your Beliefs and Attitudes 110: Life Balance - Part 1
ETV	February 22, 2005	6:00 AM	6:30 AM	109: Empowering Your Beliefs and Attitudes
ETV	February 24, 2005	6:00 AM	6:30 AM	110: Life Balance - Part 1
ETV	February 25, 2005	8:00 AM	9:00 AM	109: Empowering Your Beliefs and Attitudes 110: Life Balance - Part 1
ITV	February 27, 2005	10:00 AM	11:00 AM	111: Life Balance - Part 2 112: Correcting Your Thinking Errors
ETV	March 1, 2005	6:00 AM	6:30 AM	111: Life Balance - Part 2
ETV	March 3, 2005	6:00 AM	6:30 AM	112: Correcting Your Thinking Errors
ETV	March 4, 2005	8:00 AM	9:00 AM	111: Life Balance - Part 2 112: Correcting Your Thinking Errors
ITV	March 6, 2005	10:00 AM	11:00 AM	113: Stress Busters That Work 114: Defense Mechanisms
ETV	March 8, 2005	6:00 AM	6:30 AM	113: Stress Busters That Work
ETV	March 10, 2005	6:00 AM	6:30 AM	114: Defense Mechanisms
ETV	March 11, 2005	8:00 AM	9:00 AM	113: Stress Busters That Work 114: Defense Mechanisms
ITV	March 13, 2005	10:00 AM	11:00 AM	115: Building High Self-Esteem - Part 1 116: Building High Self-Esteem - Part 2
ETV	March 15, 2005	6:00 AM	6:30 AM	115: Building High Self-Esteem - Part 1
ETV	March 17, 2005	6:00 AM	6:30 AM	116: Building High Self-Esteem - Part 2
ETV	March 18, 2005	8:00 AM	9:00 AM	115: Building High Self-Esteem - Part 1 116: Building High Self-Esteem - Part 2
ITV	March 20, 2005	10:00 AM	11:00 AM	117: Wise Problem Solving and Decision Making 118: Launching a Goal Setting Plan
ETV	March 22, 2005	6:00 AM	6:30 AM	117: Wise Problem Solving and Decision Making
ETV	March 24, 2005	6:00 AM	6:30 AM	118: Launching a Goal Setting Plan
ETV	March 25, 2005	8:00 AM	9:00 AM	117: Wise Problem Solving and Decision Making 118: Launching a Goal Setting Plan



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Ch.	Date	Start Time	End Time	Program(s)
ITV	March 27, 2005	10:00 AM	11:00 AM	119: Learning Key Life Skills 120: Self Integrity and Valuing Differences
ETV	March 29, 2005	6:00 AM	6:30 AM	119: Learning Key Life Skills
ETV	March 31, 2005	6:00 AM	6:30 AM	120: Self Integrity and Valuing Differences
ETV	April 1, 2005	8:00 AM	9:00 AM	119: Learning Key Life Skills 120: Self Integrity and Valuing Differences
ITV	April 3, 2005	10:00 AM	11:00 AM	121: Understanding the Differences Between Men and Women 122: Mastering Self Discipline - Part 1
ETV	April 5, 2005	6:00 AM	6:30 AM	121: Understanding the Differences Between Men and Women
ETV	April 7, 2005	6:00 AM	6:30 AM	122: Mastering Self Discipline - Part 1
ETV	April 8, 2005	8:00 AM	9:00 AM	121: Understanding the Differences Between Men and Women 122: Mastering Self Discipline - Part 1
ITV	April 10, 2005	10:00 AM	11:00 AM	123: Mastering Self Discipline - Part 2 124: Self-Assertion
ETV	April 12, 2005	6:00 AM	6:30 AM	123: Mastering Self Discipline - Part 2
ETV	April 14, 2005	6:00 AM	6:30 AM	124: Self-Assertion
ETV	April 15, 2005	8:00 AM	9:00 AM	123: Mastering Self Discipline - Part 2 124: Self-Assertion
ITV	April 17, 2005	10:00 AM	11:00 AM	125: Developing Rapport with Others 126: Creating Win/Win Solutions
ETV	April 19, 2005	6:00 AM	6:30 AM	125: Developing Rapport with Others
ETV	April 21, 2005	6:00 AM	6:30 AM	126: Creating Win/Win Solutions
ETV	April 22, 2005	8:00 AM	9:00 AM	125: Developing Rapport with Others 126: Creating Win/Win Solutions
ITV	April 24, 2005	10:00 AM	11:00 AM	103: Values Clarification 104: Discovering What Motivates You
ETV	April 26, 2005	6:00 AM	6:30 AM	103: Values Clarification
ETV	April 28, 2005	6:00 AM	6:30 AM	104: Discovering What Motivates You
ETV	April 29, 2005	8:00 AM	9:00 AM	103: Values Clarification 104: Discovering What Motivates You



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ITV	May 1, 2005	10:00 AM	11:00 AM	105: Discovering Your Personality 106: Key Personality Theories/Writing a Life Mission Statement
ETV	May 3, 2005	6:00 AM	6:30 AM	105: Discovering Your Personality
ETV	May 5, 2005	6:00 AM	6:30 AM	106: Key Personality Theories/Writing a Life Mission Statement
ETV	May 6, 2005	8:00 AM	9:00 AM	105: Discovering Your Personality 106: Key Personality Theories/Writing a Life Mission Statement
ITV	May 8, 2005	10:00 AM	11:00 AM	107: Accessing Your Inner Guidance System 108: Increasing Your Emotional Intelligence
ETV	May 10, 2005	6:00 AM	6:30 AM	107: Accessing Your Inner Guidance System
ETV	May 12, 2005	6:00 AM	6:30 AM	108: Increasing Your Emotional Intelligence
ETV	May 13, 2005	8:00 AM	9:00 AM	107: Accessing Your Inner Guidance System 108: Increasing Your Emotional Intelligence
ITV	May 15, 2005	10:00 AM	11:00 AM	109: Empowering Your Beliefs and Attitudes 110: Life Balance - Part 1
ETV	May 17, 2005	6:00 AM	6:30 AM	109: Empowering Your Beliefs and Attitudes
ETV	May 19, 2005	6:00 AM	6:30 AM	110: Life Balance - Part 1
ETV	May 20, 2005	8:00 AM	9:00 AM	109: Empowering Your Beliefs and Attitudes 110: Life Balance - Part 1