



# LEADERSHIP

Learn  
Engage  
Act  
Develop

*Unrealistic Expectations* SWITCH to *Healthy Habits*

## LEARN

True leaders are those who positively influence others. They naturally motivate others to be their best versions of themselves. Leaders bring value to the lives of others through living purpose-filled lives. Purpose is a person's unique way of impacting the world. Anyone who has a strong desire to positively influence others can be a leader. Some people think leaders are extroverts; they can be, but some of the strongest leaders are introverts

Throughout all of these adventures, you've learned the seven most important skills that leaders strive for every day. Leaders are not perfect, they simply practice these skills every day:

### Leaders L.E.A.D

**Learn** to leave negativity behind.

**Engage** and influence other.

**Actively** pursue a unique purpose.

**Develop** as a leader.

**Objective:** Write your personal purpose statement, describing how you want to lead your life. Then take steps to live out your purpose, providing meaning in your own life while you make a positive difference in others' lives.

Why switch fearful to courageous  
To become the best version of yourself, while making a positive difference in others' lives.

**Direction:** Complete the LEAD steps in a journal or on this paper.

Watch: [\(click link\) Make an Impact - Inspirational Video](#)

What impacted you the most in this video and why?

**Leave Negativity Behind:** Write down two areas of negativity in your life. (Ex. Media, relationships, self-talk, unhealthy habits, peer pressure, unrealistic expectations, etc.) Based on what you've learned throughout our past seven adventures, create action steps you will take to leave this negativity behind. You may want to rewrite them and post them in a place you will see every day.

## ENGAGE

**Engage and influence others:** What is a cause you're passionate about where you want to make a positive difference? How can you use your talents or passions to serve others?

# ACT

**Actively pursue a unique purpose:** Writing out your personal purpose statement gives you a framework for how you want to live your life so you can make a difference in your world.

## Purpose Statement Examples:

- Make people around me smile.
- Listen and provide words of hope.
- Model to others to value differences.
- Use art to help people struggling.
- Reduce using plastic, saving the environment.
- Create spaces for connection, influence, and growth.

**Directions:** Complete the steps to write your personal purpose statement.

**Step 1:** Identify words that describe your:

### Personality

(i.e., funny, good listener, creative, etc.)

### Passions

(i.e., what you love doing, your talents, etc.)

### Problem/Cause

(Where do you want to make a difference?)

**Step 2:** Reflecting on these descriptors above, write your life's purpose in six words or fewer. Using only six words will allow you to remember your purpose and be able to share it with others.

**Step 3:** Post your purpose statement so you can see it every day.

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# DEVELOP

**Develop as a leader:** What is one step you will take this week to start to live out your life's purpose. (e. g., bring awareness to the problem, find or start a club to join, volunteer, etc.)? Then each week, take one more step toward living your purpose.

Who will you ask to help you get started?

Who can you ask to join this journey toward living your purpose while impacting others?

*Live Your Adventure!*