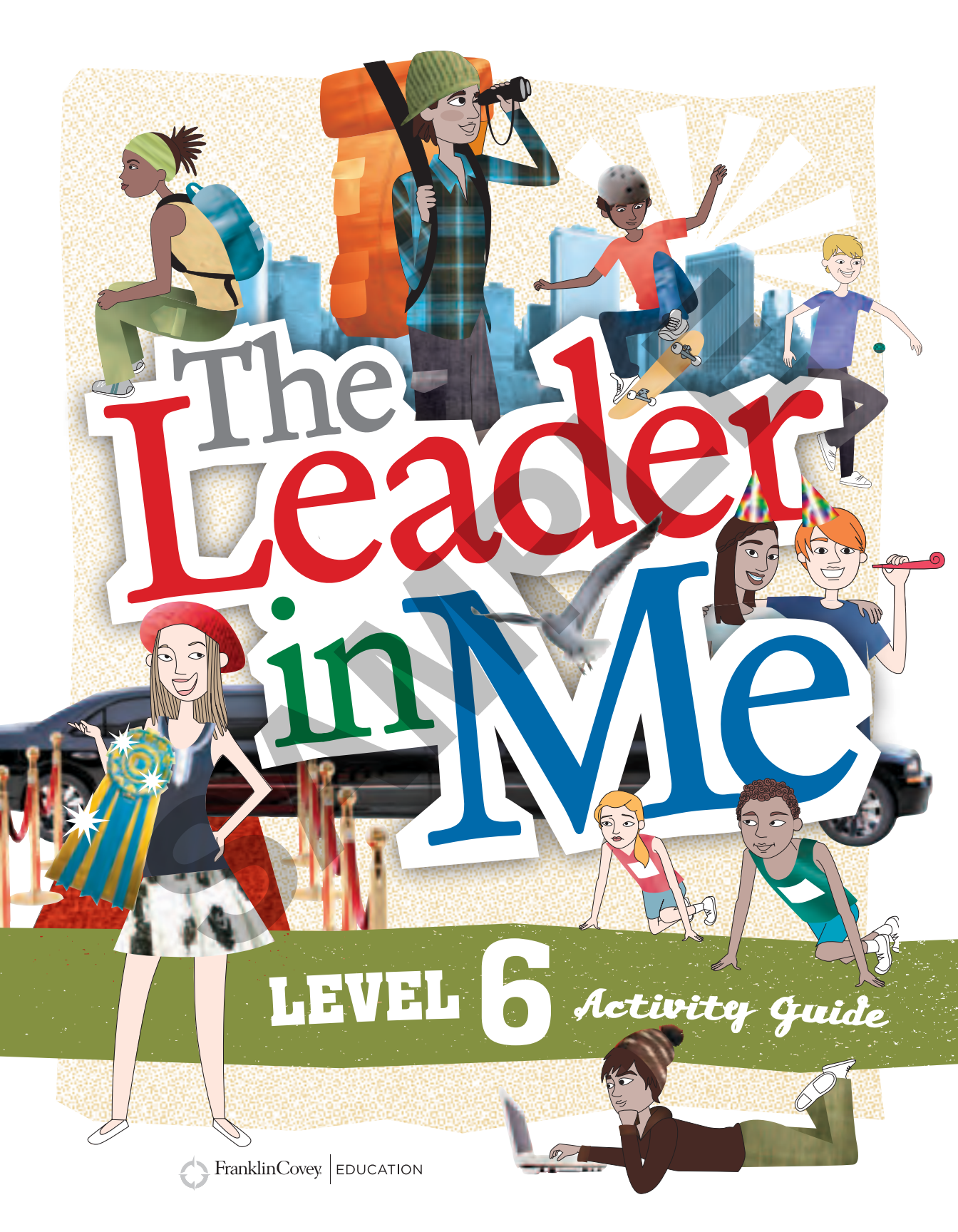


The Leader in Me



LEVEL 6 *Activity Guide*

Dear Parents and Guardians,

We are using this activity guide, *The Leader in Me*, as an introduction to personal leadership. All students have the capacity to lead in their own lives and affect those around them by making positive choices. As part of *The Leader in Me* process, *Leadership 6* provides students with practical character and life skills that will lead to those positive choices. Written to appeal to their age level, students are presented with fun activities designed to get them thinking.

Your student is about to embark on an exciting journey, and our hope is that you will ask your student how he or she is doing along the way. This activity guide gives you an opportunity to engage hands-on in what your student is learning and will lead to many “teachable moments.” Having your student reteach the content to you will give him or her an even deeper understanding and will give both of you an opportunity to learn together!

Student Edition

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WELCOME!

This activity guide was made just for you. The activity guide is called *The Leader in Me* because you have the ability to be a leader. This activity guide will give you habits and tools that will help you on your journey to being a leader.

What is a leader?

In the dictionary, to lead means “to direct, to guide by influence.” Leaders get along well with others, are responsible, appreciate people’s differences, and are problem solvers and creative thinkers. Being a leader is finding and using your own strengths and helping other people find theirs.

Who can be a leader?

Everyone has the power to be a leader—including you! Each person has unique strengths and can make a contribution in and out of school by sharing those strengths. Being a leader is not about being popular or holding a position; it’s about using your strengths and encouraging others to use theirs.

Why are you learning the 7 Habits?

The 7 Habits will help you to become a leader. The habits are life skills that you can use in sports, with friends and siblings, in groups, at school, and with parents and other adults. Each of the 7 Habits will help you today, tomorrow, and when you are an adult.

Using Your Activity Guide

The Leader in Me will help you discover how to be the leader of yourself and others. It will help you develop habits that you can use for the rest of your life.

The Leader in Me activity guide will teach you how to:

- Think about your choices before you make them.
- Plan ahead.
- Get along with others.
- Use your strengths and talents to solve problems.

The Leader in Me activity guide will also introduce you to leadership tools. Examples of the leadership tools in the activity guide are on page ix.



This is your activity guide,
so write in it, draw in it,
and have fun with it!

The 7 Habits

HABIT 1: *Be Proactive*[®]

I am a responsible person. I take initiative. I choose my actions, attitudes, and moods. I do not blame others for my wrong actions. I do the right thing without being asked, even when no one is looking.

HABIT 2: *Begin With the End in Mind*[®]

I plan ahead and set goals. I do things that have meaning and make a difference. I am an important part of my classroom and contribute to my school's mission and vision. I look for ways to be a good citizen.

HABIT 3: *Put First Things First*[®]

I spend my time on things that are most important. This means I say no to things I know I should not do. I set priorities, make a schedule, and follow my plan. I am disciplined and organized.

HABIT 4: *Think Win~Win*[®]

I balance courage for getting what I want with consideration for what others want. When conflicts arise, I look for a win-win solution.

HABIT 5: *Seek First to Understand, Then to Be Understood*[®]

I listen to other people's ideas and feelings. I try to see things from their viewpoint (paradigm). I listen to others without interrupting. I listen with my ears, my eyes, and my heart. I am confident in voicing my ideas.

HABIT 6: *Synergize*[®]

I value other people's strengths and learn from them. I get along well with others, even people who are different than me. I work well in groups. I seek out other people's ideas because I know that by teaming with others, we can create better solutions than any one of us could alone. I look for Third Alternatives.

HABIT 7: *Sharpen the Saw*[®]

I take care of my body by eating right, exercising, and getting enough sleep (body). I learn in lots of ways and lots of places, not just at school (brain). I spend time with family and friends (heart). I take time to find meaningful ways to help people (soul). I balance all four parts of myself.

The 7 Habits Tree

RENEWAL

HABIT 7

Sharpen the Saw

PUBLIC VICTORY

HABIT 6

Synergize

HABIT 5

*Seek First to Understand,
Then to Be Understood*

HABIT 4

*Think
Win-Win*

PRIVATE VICTORY

HABIT 3

Put First Things First

HABIT 2

Begin With the End in Mind

HABIT 1

Be Proactive

HABIT

1

BE PROACTIVE



I used to look in the mirror and only see my flaws. I constantly worried about what other people were thinking about me. This year I've decided to try to focus more on what I like about myself. Now I'm not as worried what other people think. I feel stronger and in control.

- Jada

activity 1



As you get older, you have more choices to make and the choices become more difficult. What are some of the choices you make for yourself now that you did not make when you were younger?

Write them in the Lotus Diagram.

Lotus Diagram



Example:
I choose my friends.

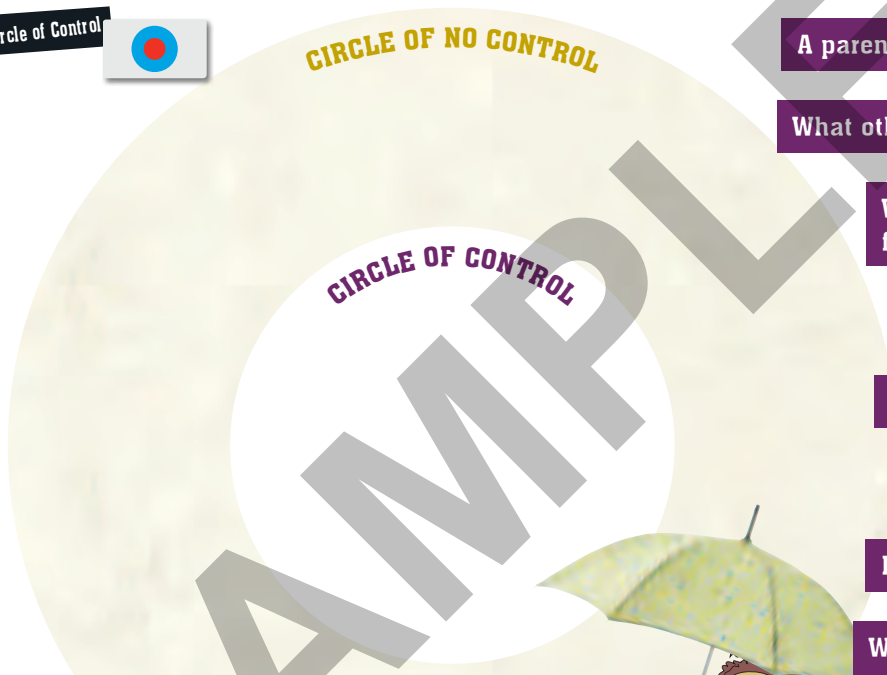
	CHOICES	

activity 2

Getting older means you definitely have more control of your life, but there will always be things you can't control, like the weather or what other people think, say, or do.

From the list below, write what you have control over in the inner circle—the Circle of Control™.

Write what you do not have control over in the outer circle—the Circle of No Control™.



A parent's bad day

What other people think

Walking away from trouble

My attitude

Asking for help

A past mistake

Effort on homework

What other people say or do

Where I was born

The way I talk to other people

Example:

You can't control the weather, but you can control what you wear.

You can't control what people think, say, or do, but you can control how it affects you.



You can't control the things in the Circle of No Control, but you can control your responses.

Staying within your Circle of Control helps you focus on things you can change and not waste time worrying about other things.

BE PROACTIVE

Stop and Think Chart



I am a responsible person. I take initiative. I choose my actions, attitudes, and moods. I do not blame others for my wrong actions. I do the right thing without being asked, even when no one is looking.

Below is a "Stop and Think" chart.

Here's how it works:
When something happens (event) you can choose to stop and think before responding. You're in control! Great news, right?



The next time you have a choice to make, stop and think:

- Is this choice mine, or am I letting someone else influence me?
- Is this a choice I will be proud of?
- Is this choice going to help me or hurt me?
 - Is this choice going to hurt anyone else?
 - Is this a choice I may regret?
 - Will this choice move me closer to my dreams?
 - Is this choice helping me become the person I want to be?



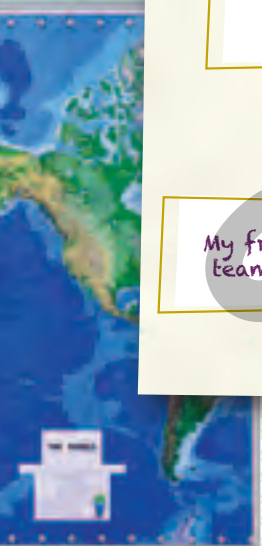
activity 3



Read the scenarios below.
Write a response.

Stop and think about what is in your Circle of Control.

EVENT	STOP AND THINK	RESPONSE
Someone started a rumor about me that isn't true.	STOP AND THINK	I will talk to the person.
I'm overwhelmed with things I need to do.	STOP AND THINK	I will...
I disagree with a new rule at home.	STOP AND THINK	I will...
My friend made the team, but I didn't.	STOP AND THINK	I will...



Riddle:
The more you take, the more you leave behind.
What are they?

Footprints.

Imagine...

Last week, your friend came over and you had a big fight. You are still not talking to each other and it's bothering you a lot.

You know you can't change the past, but you can be proactive and do something now.

Stop and think what might happen for each of the responses below.

Choose one to write about.

I will ask my friend to sit with me and several other people at lunch.

I will call my friend after school.

I will continue to ignore my friend.

I will choose a different response. It is...



activity 5

What if everyone stopped to think before responding?

What if everyone only worried about the things within their Circle of Control?

What if everyone practiced Habit 1: Be Proactive?

- *Lives would change.*
- *Communities would change.*
- *Countries would change.*
- *The world would change.*
- *It could start with you!*

Finish the sentence.

If I were proactive more often, my life would be different because...

This week, I will be more proactive by...

Teach to Learn

With a partner, take turns explaining what Habit 1: Be Proactive means to you.

Turn to "Destination: Leadership" on pages 52-53 and make a note about how your leader uses Habit 1: Be Proactive.



SAMPLE

The
Leader in Me™
great happens here

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The Leader in Me
Level 6 Activity Guide



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