

Adventure

00 LEADERSHIP GUIDEBOOK

SOLE i·tin·er·ar·y

noun

1. a plan to cultivate confident, purpose-driven leaders
2. a place to track personal growth toward healthier habits
3. a compass to *switch* the story and live your adventure

**SOLEFX
JOURNEY**

Our Mission

To empower youth to become
confident, purpose driven leaders.





SOLE EFFECTS

Adventures

Dear Student,

01 PASSION & PURPOSE

Switch Screen Time *to* Adventurous Living

02 CONFIDENCE & COURAGE

Switch Fitting In *to* Belonging

03 EMPATHY FOR OTHERS

Switch Judgment *to* Understanding

04 STRESS RELIEF

Switch Unrealistic Expectations *to* Healthy Habits

05 COURAGEOUS COMMUNICATION

Switch Passive or Aggressive *to* Assertive

06 MIND & BODY

Switch Perfection *to* Personal Growth

07 HEALTHY RELATIONSHIPS

Switch Insecure *to* Confident

08 LEADERSHIP

Switch Fearful *to* Courageous

You are about to embark on the **SOLEFX Journey**, which quite literally changed our lives as mentors not too long ago. Facing challenges of our own at your age, we wanted to create strategies to build resilience and a space where everyone feels valued. It's about giving you the guidance and confidence to make decisions you can be proud of.

We won't sugarcoat it: SOLE Effects is not a magic cure-all. But what you put into it is what you'll get out of it. Be open to connecting in a real way and designing your own unique path toward your life's purpose. Push yourself to do things that scare you because that is how you will grow. Trust us – it will be worth it.

You hold the power to make a difference in your own life and the lives of others.

Believe in your own potential. We do.

Your **SOLEFX**
College Leadership Team

Fear is not an enemy, but a compass, navigating you to

Switch the Story *Live* Your Adventure.

~ SOLE Effects



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LEARNING ABOUT THE SOLEFX JOURNEY

Our Mission To empower youth to become confident, purpose-driven leaders. (*Purpose is our unique way of making a difference in others' lives.*)



S.O.L.E. Effects (SOLEFX):

Step Out, **Lead Every Day** to create *positive* **Effects** on your life and others.

Live Your Adventure: Do what you passionately love doing to purposefully impact others (*with intention*).

Switch the Story: Replace unhealthy habits with healthier ones and help others do the same.

Our *Switch* Goals:

S = Show **Strength**

W = Choose **Wisely**

I = Have **Influence**

T = Speak **Truth**

C = Be **Courageous**

H = Create **Happiness, Health, & Hope**



Learn
Engage
Act
Develop

Positive FX As a **Leader**, you increase happiness knowing you're enough without having to be perfect. Your courage to not give in to social pressures strengthens relationships, decreasing stress. Living your purpose and finding good in others makes you motivated and enthusiastic. Your confidence empowers you to blaze your own unique path.

Our Adventure 00 Goal

**TO GROW AS LEADERS
& BUILD CONNECTED
TEAMS**



Objectives:

- ▶ Assess your leadership skills & areas for growth.
- ▶ Explore your role as a Team Member & GUIDE.
- ▶ Learn how to create new habits using your **GPS**.



ENGAGE

SELF-ASSESSMENT: SKILLS OF A CONFIDENT, PURPOSE-DRIVEN LEADER

Before and after your SOLEFX Journey, rate your confidence in the ten areas. Write your *Reflections* at the bottom.

NOT CONFIDENT 1 2 3 4 5 6 7 8 9 10 CONFIDENT

Skill #1 – RESPONSIBLE AND DEPENDABLE

You follow through with what you say you will do. Your friends and teams can depend on you, never wondering if you'll show up on time and do your part. You don't make excuses, but authentically take responsibility for your actions and always tell the truth. You commit to what you value.

BEFORE

AFTER

Skill #2 – PASSION AND ENTHUSIASM

You engage in a passion and live adventurously. You can't help but be excited about something you love doing in your free time. You are purposeful about how you spend screen time so you can enjoy living more adventurously and trying new things. You impact others around you with your energy.

BEFORE

AFTER

Skill #3 – CONFIDENCE AND AUTHENTICITY

You show vulnerability and are courageous. You have inner strength to be honest about who you are, not changing who you are to fit in. You don't worry much about what others think, but say and do things that reflect you and your path. You step out of your comfort zone and take healthy risks.

BEFORE

AFTER

Skill #4 – EMPATHY AND INCLUSION

You respect and seek to understand others. You listen openly to diverse points of view, value others for who they are, and resist judging them and gossiping. You share the feelings of another in distress, showing compassion. By showing acceptance of and care for others, you inspire others to join you.

BEFORE

AFTER

Skill #5 – STRESS MANAGEMENT

You choose healthy habits to create balance. You make healthy choices for your body and keep your moods positive, letting go of unrealistic expectations. You manage your time well related to sleep, screen time, school/work habits, activities, and relationships.

BEFORE

AFTER

Skill #6 – ASSERTIVE COMMUNICATION

You express yourself respectfully and directly without attacking others or feeling guilty. You are not passive or aggressive in your communication, but honest and authentic. You ask for help when needed. You can say no and stand up for yourself, making decisions that are right for you.

BEFORE

AFTER

Skill #7 – ACTIVE LISTENING

You try to understand before being understood. You listen to show interest and to understand rather than to reply. You make people feel heard and supported, not judged. You are attentive and empathetic and ask clarifying questions, empowering others to solve their own problems.

BEFORE

AFTER

Skill #8 – POSITIVE SELF-IMAGE

You value personal growth over perfection. Your self-talk is positive, and you have a healthy image of your body. You're confident in yourself and don't compare yourself to others. You feel you're enough without being perfect. You focus on giving your best and believe you can grow better each day.

BEFORE

AFTER

Skill #9 – HEALTHY RELATIONSHIPS

You create relationships of mutual respect. You surround yourself with uplifting people. You communicate assertively, set boundaries with negative people, and don't give in to peer pressure. You bring the healthiest version of yourself to friendships and encourage others to be their authentic selves.

BEFORE

AFTER

Skill #10 – PURPOSEFUL LEADERSHIP

You live a life of positive influence. You courageously **Step Out** and **Lead Every** day. You think more about the team than yourself, using your unique talents, skills, and character to positively impact others. You find the good in those around you and communicate their worth and potential.

BEFORE

AFTER

Reflections BEFORE Your Journey

What is an **unhealthy habit** that you'd like to stop? (Unhealthy habits keep us from living life to the fullest.)

What is a **healthy habit** you want to develop? (Healthy habits, practiced over time, give us the life we want.)

Reflections AFTER Your Journey

What positive impact did your SOLEFX Journey have on your **unhealthy** and/or **healthy** habits?

How did your SOLEFX Journey impact you the most?



ENGAGE

How to BE A SUPPORTIVE TEAM MEMBER

For the rest of your life, you'll be part of group discussions. There will be many *Positive* FX for you if you choose to engage with and support each other in your teams:

Grow as a confident leader. Learn more about yourself. Develop stronger friendships.
Have more fun. Live Your Adventure.

- Put an X next to the three traits you feel are your greatest strengths.
- Circle the three traits that are most important to you.

- | | |
|--|---|
| ☐ Be Positive & Optimistic | ☐ Show Empathy & Compassion |
| ☐ Have Positive Body Language (eye contact, nod, smile, tone of voice, etc.) | ☐ Actively Listen (don't interrupt, stay on topic, etc.) |
| ☐ Actively Participate | ☐ Share Your Stories Honestly |
| ☐ Be Confidential & Trustworthy (gossip destroys reputations, loyalty, & relationships) | ☐ Be Humble & Open-Minded (know you can learn a lot from each other) |
| ☐ Be Present (no phones, side convos, distractions) | ☐ Be Real/Laugh at Yourself |
| ☐ Be Open to New Friendships | ☐ Respect Everyone/Be Kind |



ENGAGE

How to BE A CONFIDENT TEAM GUIDE

Each team will have a GUIDE to navigate and support the team's effort. If you are true to who you are and a good listener, you could be a great **GUIDE**.

- Shade in the bar graph to show your confidence level **0% Not Confident** **100% Confident**

G.U.I.D.E.s are...

Genuine

0%

100%

- **Real:** Share your imperfect self. ► **Trustworthy:** Be confidential.

Understanding

0%

100%

- **Listen:** Show interest, ask questions. ► **Empathetic:** Support without judging.

Inclusive

0%

100%

- **Friendly:** Create a welcoming, safe space. ► **Fair:** Value differences/encourage all voices.

Directors

0%

100%

- **Facilitate:** Move discussions along. ► **Manage:** Stay on topic. Try to involve everyone.

Encouraging

0%

100%

- **Reassure:** Care for & support your team. ► **Compliment:** Provide positive feedback.



TEAM DISCUSSIONS

1. *How to* BE A SUPPORTIVE TEAM MEMBER

- ▶ Share your feelings about group discussions. Do you love 'em or hate 'em?
- ▶ What are your greatest strengths as a team member?
- ▶ What do you expect/need from a team to feel comfortable sharing?
- ▶ Which habit do you want to develop to better support your team?



2. *How to* BE A CONFIDENT TEAM GUIDE

- ▶ Share your ratings for your most and least confident skills as a **GUIDE**.
- ▶ What is the best way a **GUIDE** can make team members feel safe to share?
- ▶ Are you interested in being a **GUIDE** for a team? Why or why not?
(If a teammate is not sure, encourage them to try.)

GUIDE RECOMMENDATIONS

Your Journey Leader will now provide you with a card like the one below for you to complete.

- ▶ Determine your level of confidence and readiness to be a GUIDE.
- ▶ You may select a peer you believe would be a great GUIDE . Write your reasoning on the back.



My Interest in Being a GUIDE to Lead a Team



Name : _____ Period # or Class : _____

shade in one:
 I Don't ...
I'm Not Sure I...
I Possibly...
I Definitely...

... want to be a guide for my team because: _____

Anonymously recommend a peer that you believe would be a great GUIDE: _____

(This will not necessarily make them a guide, but will show that you recognize them as being a good leader).

- ▶ Turn in your Interest Card so your Journey Leader can make the final determination. Your Journey Leader may select students based on:

- Interpersonal skills
- Growth mindset
- Open mindedness
- Respect for others

Note: You may have all of these skills, but know that everyone cannot be selected.

- ▶ Support whomever will be leading your team!

PREPARING GUIDES TO LEAD A TEAM



GUIDELINES

PREPARE & DIRECT



Prep for the *Adventure*

- Make sure everyone is **physically** a part of a circle and visible.
- Model being **Genuine, Understanding, Inclusive, and Encouraging.**
- Be present, be engaged, and have fun!

Direct the Discussion

- **Ask** the **questions** from the  **reACT** section, staying on topic.
- **Start** the **conversation** by being authentic.
- **Create a safe space** where everyone has an opportunity to respond.
- **Keep** conversations **confidential**, building a trustworthy team.

COMMUNICATION TIPS

STRATEGIES

- Use **open-ended questions** to get rich responses vs. a "yes" or "no" answer *(see list below)*.
- Build relationships by having **conversations flow between members** *(not just between you and one person)*.
- **Talk less/Listen more** *(lean in, nod, maintain eye contact. Don't think about your response, but just listen)*.
- Encourage **quieter members** to share and **overtalkers** to make space for others.
- If someone talks about hurting themselves/others, **make sure** you tell your teacher/leader.

PHRASES FOR EFFECTIVE DISCUSSIONS

Open-Ended	Supportive	Involve Others
Tell us more Help us understand.... How does that make you feel? What I'm hearing you say is... How's that affecting other areas of your life?	Thank you for sharing... That must be hard... Thanks for being vulnerable about... Who is someone you can talk to about this?	Let's get everyone's response... What's your reaction to ... Let's get back to the question/topic... How have any of you dealt with this?



GPS

How to **SET GOALS,**
TRACK HABIT PROGRESS, & BUILD ON SUCCESSES
 To Break Unhealthy Habits & Build Healthier Ones

**GOAL:**

- At the end of each *Adventure*, use your DEVELOP reflections to write your new goal (I will _____.)

PROGRESS:

- Create a specific plan to *Switch* the Story to make *Living* Your Adventure a **H.A.B.I.T.!**

H.A.B.I.T. PLAN

HOOK = A concrete attention-grabber to **remind** and **motivate** you to focus on your goal.

Example: • Sticky note on my mirror, binder, fridge, etc. • Alarm set on my phone. • String on my finger.

ACCOUNTABILITY PEOPLE = Those who will help keep you on track (You can develop this habit together).

Example: • Share my goal with my family. • Ask for support from _____ (name of person). • Distance myself from _____ (name of person). • Develop the habit along with _____ (name of person).

BABY STEPS = A simple, specific, and measurable action, getting just 1% better each day.

Example: • Walk 10 minutes (goal - walking 30 minutes) • Not engaging in gossip (goal - ask not to gossip in front of me) • Sketch outside 5 min. Mondays (goal - 1 hour a week) • Journal once a week (goal - after dinner every night) • Device-free first 30 min. of day (goal - 60 min.) • Ask one question in math class (goal - asking when I need help)

IMAGINE = Visualize the physical, emotional, mental, and social *Positive* **FX** this new habit.

Example: • With more sleep, I feel more hopeful. • Courageously saying what I feel, I stand taller and feel proud of myself. • Limiting my social media, I feel calmer and less depressed. • Being with positive people, I feel I can be myself.

TRACK PROGRESS = To monitor how your new habit is developing along the way.

- Bubble in where you are starting on this habit and update it as you make progress.

①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
Just starting.			Making progress.				It's a habit!		

SUCCESSES:

- Write your small signs of success you can build upon throughout your journey.

Examples:

- I spent 15 minutes on my passion.
- I noticed my negative self-talk & changed it.
- I invited someone to join us at lunch.



*Habits do not
 restrict freedom.
 They create it.
 — James Clear*



MY WORKING GPS


Adventure 01 **PASSION & PURPOSE** *Switch* Screen Time *to* Adventurous Living

Goal: I will

Progress HABIT *Plan* **TO CREATE HAPPINESS:**
H ▶ _____

A ▶ _____

B ▶ _____

I ▶ _____

T ▶
 (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Just starting.

Making progress.

It's a habit!

Signs of **Successes:**

-
-
-
-
-

Adventure 02 **CONFIDENCE & COURAGE** *Switch* Fitting In *to* Belonging

Goal: I will

Progress HABIT *Plan* **TO BE COURAGEOUS:**
H ▶ _____

A ▶ _____

B ▶ _____

I ▶ _____

T ▶
 (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Just starting.

Making progress.

It's a habit!

Signs of **Successes:**

-
-
-
-
-

Adventure 03 **EMPATHY FOR OTHERS** *Switch* Judgment *to* Understanding

Goal: I will

Progress HABIT *Plan* **TO CREATE HOPE:**
H ▶ _____

A ▶ _____

B ▶ _____

I ▶ _____

T ▶
 (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Just starting.

Making progress.

It's a habit!

Signs of **Successes:**

-
-
-
-
-



MY WORKING GPS



Adventure 04 STRESS RELIEF *Switch* Unrealistic Expectations *to* Healthy Habits

Goal: I will

Progress HABIT *Plan* **TO CHOOSE WISELY:**

H ▶ _____

A ▶ _____

B ▶ _____

I ▶ _____

T ▶ ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩
 Just starting. Making progress. It's a habit!

Signs of **S**uccesses:

-
-
-
-
-

Adventure 05 COURAGEOUS COMMUNICATION

Switch Passive or Aggressive *to* Assertive

Goal: I will

Progress HABIT *Plan* **TO SPEAK TRUTH:**

H ▶ _____

A ▶ _____

B ▶ _____

I ▶ _____

T ▶ ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩
 Just starting. Making progress. It's a habit!

Signs of **S**uccesses:

-
-
-
-
-

Adventure 06 MIND & BODY *Switch* Perfection *to* Personal Growth

Goal: I will

Progress HABIT *Plan* **TO CREATE HEALTH:**

H ▶ _____

A ▶ _____

B ▶ _____

I ▶ _____

T ▶ ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩
 Just starting. Making progress. It's a habit!

Signs of **S**uccesses:

-
-
-
-
-

Adventure 07 HEALTHY RELATIONSHIPS *Switch Insecure to Confident*

Goal: I will

Progress HABIT *Plan* **TO SHOW STRENGTH:**

H ▶ _____

A ▶ _____

B ▶ _____

I ▶ _____

T ▶ ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Just starting.

Making progress.

It's a habit!

Signs of **Successes:**

-
-
-
-
-

Adventure 08 LEADERSHIP *Switch Fearful to Courageous*

You have learned about yourself as a leader. **TO HAVE INFLUENCE** on others' lives, personalize your **LEADERSHIP COMPASS** (*on back*) and continue your journey.

- ▶ For all 8 *Adventures*, shade in the bars to represent the overall progress you have made switching to healthier habits.
- ▶ Choose 2 *Adventures* where you want to make progress and place an X by 1 or 2 of the strategies that you will practice consistently.
- ▶ Acknowledge your successes. Add a plus sign (+) over the X. This will create a star. ✱



FINAL JOURNEY TEAM DISCUSSION

LEADERSHIP COMPASS

- ▶ Share how you personalized it (i.e., progress bar, *Adventures* & strategies).
- ▶ Collaborate on how you can stay committed to growing as leaders.



Examples:

- Post my **LEADERSHIP COMPASS** and **6 ESSENTIALS** somewhere visible as a concrete reminder.
- I will stay connected to my **SOLEFX** teammates by _____ (*share ideas*).

**Thank you all for supporting each other on your SOLEFX Journey. Continue to
Step Out and Lead Every Day.**

Personalized LEADERSHIP COMPASS

Strategies for Navigating Your Unique Journey

HEALTHY RELATIONSHIPS

Switch Insecure *to* Confident
TO SHOW STRENGTH

0%

100%

☐ Distance myself from negative people.
☐ Spend time with uplifting people I like and respect.
☐ Be a more empathetic and supportive friend.

LEADERSHIP

Switch Fearful *to* Courageous
TO HAVE INFLUENCE

0%

100%

☐ Strive to be 1% better than the day before.
☐ Identify and live out my unique life's purpose.
☐ Seek out ways to positively impact others.

PASSION & PURPOSE

Switch Screen Time *to* Adventurous Living
TO CREATE HAPPINESS

0%

100%

☐ Reduce negative, mindless screen time.
☐ Be purposeful about how I spend my screen time.
☐ Engage in my passions, "live my adventure."

CONFIDENCE & COURAGE

Switch Fitting In *to* Belonging
TO BE COURAGEOUS

0%

100%

☐ Resist assuming others are judging me.
☐ Be who I am, not changing to fit in.
☐ Be brave enough to take healthy risks.

MIND & BODY

Switch Perfection *to* Personal Growth
TO CREATE HEALTH

0%

100%

☐ Replace negative self-talk with positive.
☐ Give my best effort, don't obsess about the results.
☐ Accept that my personal best is enough.

COURAGEOUS COMMUNICATION

Switch Aggressive/Passive *to* Assertive
TO SPEAK TRUTH

0%

100%

☐ Be respectful and honestly express myself.
☐ Practice saying no, standing up for myself.
☐ Bravely ask for help when I need support.

STRESS RELIEF

Switch Unrealistic Expectations *to* Healthy Habits
TO CHOOSE WISELY

0%

100%

☐ Manage my time (sleep, study w/ focus, screen time).
☐ Manage my relationships (set boundaries, be assertive, spend time with uplifting people).
☐ Manage my activities (exercise, eat well, add fun, serve others).

EMPATHY FOR OTHERS

Switch Judgment *to* Understanding
TO CREATE HOPE

0%

100%

☐ Resist judging others and responding negatively.
☐ Understand others by actively listening.
☐ Create environments where everyone can belong.