



SOLE EFFECTS

Leadership Journey

01 PASSION & PURPOSE

Switch Screen Time *to* Adventurous Living

SOLE  JOURNEY

All Rights Reserved.



Question Connection



Gear Up

- ▶ What is something unique about you or something you are proud of?

Look Ahead

- ▶ If you had more free time to do something you love doing, what would you do?



PASSION & PURPOSE

[CLICK HERE](#) LEARN LIVE VIDEO



SOLE **FX** JOURNEY



Adventure Introduction

▲ LEARN

Passion– and purpose–driven leaders explore and engage in what uniquely inspires them. When we know ourselves, we can begin to visualize the impact we want to have on others. The first step on your leadership journey is to identify and engage in your passions, *“living your adventure.”*

Passion is what we love doing, what makes us enthusiastic, and what inspires us. When we are involved in a passion, it relieves stress and makes us creative, motivated, and happy.

Purpose is how we make a positive difference in others’ lives. Influencing, helping, or supporting others brings value to their lives and meaning to our own. This is what leadership is all about.





Negative FX & Positive FX

▲ LEARN



Negative FX Research shows that engaging in too much screen time can take away from life's adventures. It can increase anxiety and depression and cause poor sleep, health problems, and relationship struggles.

Positive FX Replacing screen time by physically engaging in your passions not only boosts your happiness, it also positively impacts your grades, work life, relationships, enthusiasm as a leader, and so much more.



Adventure Visual

PASSIONS

Acting

Animals/Training

Art/Design

Building/Creating

Cooking/Nutrition

Comedy

Cultures/Travel

Dance

Entertainment

E-Sports

Fishing

Gardening

Hiking/Camping

Inventing

Music

Nature

Photography

Reading

Robotics

Science

Sports/Fitness

Videography

Volunteering/Cause

Wrtiting/Blogging



Adventure Goal



Our Goal

TO CREATE HAPPINESS

Explore your interests
and create positive change.



In Today's Adventure You Will:

- ▶ Reflect on what it is you're passionate about.
- ▶ Analyze how you're using your free time.
- ▶ Create a plan to spend more time on your passions.



Self-Reflection 1



ENGAGE

MY PASSIONS

List and describe things/activities you are passionate about. **Share some details (e.g., type of music, what you like to cook, etc.). Make a star next to the passions you listed that you routinely spend time on.*

If you spent more time on these passions,
how would your health and life be different?

[illegible]

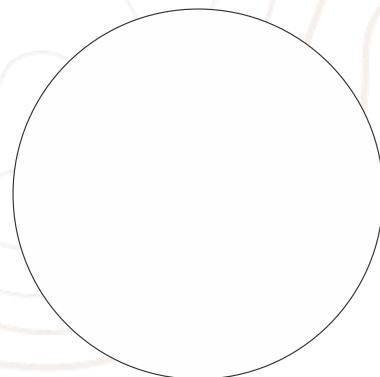
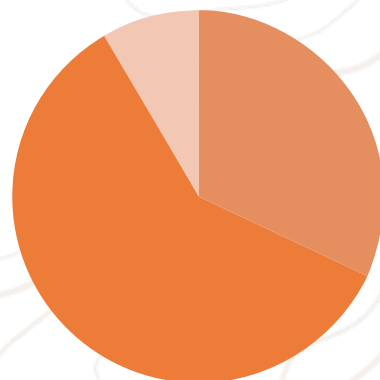


Self-Reflection 2



ENGAGE

HEALTHY WAYS TO BALANCE FREE TIME



- PASSION** = Fun activities that you really enjoy.
- PURPOSEFUL (screen time)** = Useful time on devices.
 - ▶ **Connecting:** Positive texting, thoughtfully engaging on social media.
 - ▶ **Critically thinking:** Learning, reading, blogging, podcasts.
 - ▶ **Creating:** Art, photography/video, music.
- MINDLESS (screen time)** = Unproductive time wasting.

Reflect on how you currently use your precious free time. Make your own key and complete the pie graph.

- ☐ **PASSION**
- ☐ **PURPOSEFUL (screen time)**
- ☐ **MINDLESS (screen time)**





Self-Reflection 3



ENGAGE

MINDLESS SCREEN TIME

List the negative, time-wasting screen time you engage in.

[illegible]

List habits you use to manage screen time (e.g., *time limits*, etc.).

[illegible]

What limits/changes could you make to create more time for your passions?

[illegible]



- ▶ **Share about your passions.** *What do you love? How do you currently engage with them?*
- ▶ **If you spent more time on your passions, how would your life and your health be different?**

- ▶ Share your mindless screen time challenges and how they negatively affect your life.
- ▶ Share suggestions for healthy ways to change or limit mindless screen time and write any you want to remember.

- ▶ How does your pie graph compare to the healthy balance pie graph?
- ▶ What is your greatest challenge when making time for your passions (*i.e., homework, family responsibilities, lack of motivation, too much screen time, etc.*)?
- ▶ Brainstorm and list how you can tackle these challenges. (*Try to brainstorm with someone who shares the same challenges.*)



Strategies for Healthier Habits

Step 1

Choose one of the 3 strategies listed that will help you spend more time on your passion and mark it with an X.

TO CREATE HAPPINESS

Strategies to Develop Healthier Habits

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

Step 2

Reflect back on what you learned about yourself and from others during your discussions.

Step 3

Return to your Leadership Guidebook and locate your **GPS** for Adventure 01 to:

- » Set Your **Goal**
- » Track Habit **Progress**
- » Build on **Successes**

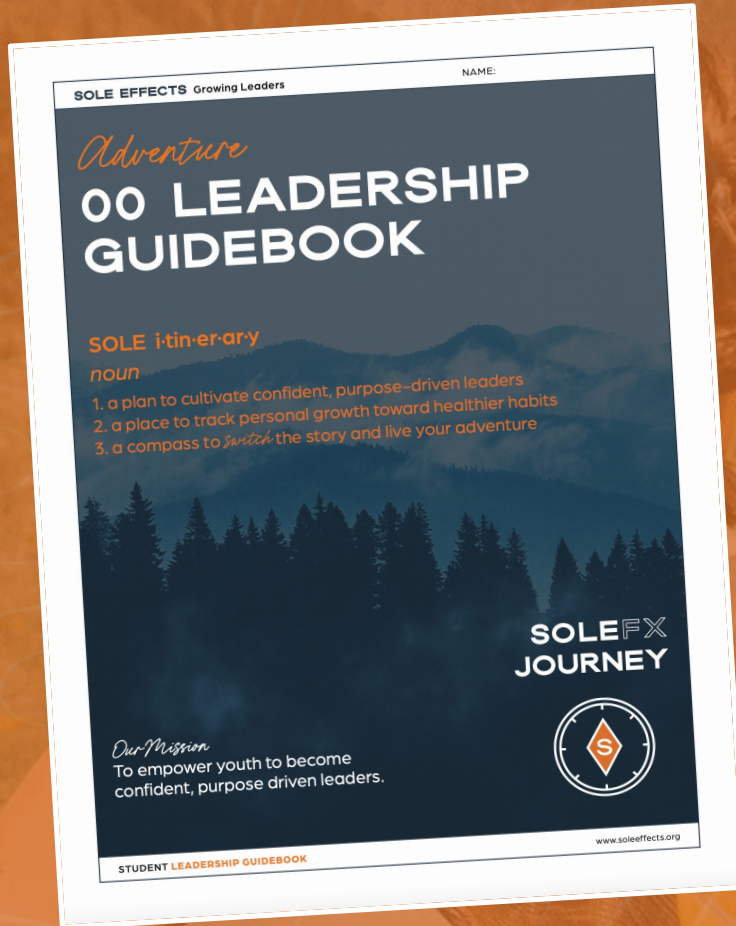


The image shows two documents. The top document is the 'Adventure 00 LEADERSHIP GUIDEBOOK' by SOLE EFFECTS Growing Leaders. It includes a definition of 'Adventure' as a noun and a list of three points: 1. a plan to cultivate confident, 2. a place to track personal growth, 3. a compass to navigate the storm. The bottom document is the 'Adventure 01 PASSION & PURPOSE' worksheet, which is a 'Switch Screen Time to Adventurous Living' tool. It has a section for 'Goal: I will' and a 'Progress HABIT Plan TO CREATE HAPPINESS' section with a table for tracking progress. The table has columns for 'H', 'A', 'B', 'I', and 'T' (representing the habit plan) and rows for 'Just starting', 'Making progress', and 'It's a habit!'. The 'Signs of Successes' section has a list of bullet points for recording successes.

Adventure 01 PASSION & PURPOSE <i>Switch Screen Time to Adventurous Living</i>	
Goal: I will	
Progress HABIT Plan TO CREATE HAPPINESS:	
H	
A	
B	
I	
T	
Just starting.	Making progress.
It's a habit!	
Signs of Successes:	
•	
•	
•	
•	
•	



Creating My Working GPS



 LEARN

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.

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

Goal: I will _____	
Progress HABIT Plan TO CREATE HAPPINESS:	Signs of Successes:
H ► _____	• _____
A ► _____	• _____
B ► _____	• _____
I ► _____	• _____
T ► 1 2 3 4 5 6 7 8 9 10	• _____
Just starting.	It's a habit!



PASSION & PURPOSE

