



SOLE EFFECTS

Leadership Journey

08 LEADERSHIP

Switch Fearful to Courageous

SOLE FX JOURNEY

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Question Connection

Reflect Back

- ▶ Return to your **GPS** in your Leadership Guidebook and review your **Goals**.
- ▶ Update any new **Progress** and **Successes** from our previous Adventures.
- ▶ Choose something to share.

Gear Up

- ▶ What have you been most grateful for during your time with your **SOLEFX** Team?

Look Ahead

- ▶ Who is someone in your life you can go to for support? *Remember it can be someone on your team that you trust.*



LEADERSHIP

[CLICK HERE](#) LEARN LIVE VIDEO



SOLE FX JOURNEY



Adventure Introduction

LEARN

Leadership is about influencing others by leaving fear behind and courageously **Stepping Out** and **Leading Every** day. Your ability to lead grows each time you positively impact others; it is not a destination, but a JOURNEY. This eighth and final adventure focuses on applying the skills you've been equipped with to lead.

Fear is perceiving a danger or a threat, impacting us physiologically and emotionally. Common fears include rejection, failure, being judged, not being good enough, and loneliness. **Courage** is finding a way through that fear to become confident and courageous, living a life of adventure.

Courageous leaders are authentic, positive, empathetic, and committed to their unique purpose. Purpose is your unique way of using your talents, skills, and character. Influential leaders motivate others by intentionally stepping out of their comfort zones and *consistently* practicing healthier habits, becoming 1% better than the day before.



Switch Fearful to
Courageous



Positive FX

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 builds honest relationships, decreasing stress. Living your purpose and finding good in the world around you makes you motivated and enthusiastic. Your confidence empowers you to blaze your own unique path.



Adventure Goal

Our Goal

TO HAVE INFLUENCE

Step Out, Lead Every day,
creating *positive* **FX** for
you and your community.



In Today's Adventure You Will:

- ▶ Take and reflect on the post Self-Assessment.
- ▶ Create your unique Purpose Statement.
- ▶ Review 6 Essentials For Your Journey.
- ▶ Personalize your LEADERSHIP COMPASS.



Self-Reflection 1



► In your Leadership Guidebook, take your **SELF-ASSESSMENT** and reflect on your progress!

► Revisit and use this as you continue on your life's journey.



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 #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



Self-Reflection 2



CREATING MY PURPOSE STATEMENT

- ▶ Review the three questions below and jot down your ideas.
- ▶ Check out the sample **PURPOSE STATEMENT** and create your own.

A rectangular grid consisting of 4 rows and 10 columns of small dots, intended for graphing a coordinate plane.

[illegible][illegible]

PURPOSE STATEMENTS

- ▶ Positively influence through my social media.
- ▶ Use music/art to inspire others around me.
- ▶ Read to children struggling to learn.
- ▶ Listen to the elderly for hope/happiness.
- ▶ Volunteer/join a club, to help.
- ▶ Model acceptance by being inclusive.
- ▶ Be a role model by being kind each day.
- ▶ Reduce plastic to save our environment.
- ▶ Use my passion to influence others.

My PURPOSE STATEMENT

[illegible][illegible]



SOLEFX *Team Discussion 1*



reACT

TEAM DISCUSSIONS



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

- ▶ What progress are you most proud of and what helped you succeed?

2. CREATING MY PURPOSE STATEMENT

- ▶ Share your purpose statements and how you plan to live it out.



SOLEFX Team Discussion 2

6 ESSENTIALS FOR *Your* JOURNEY

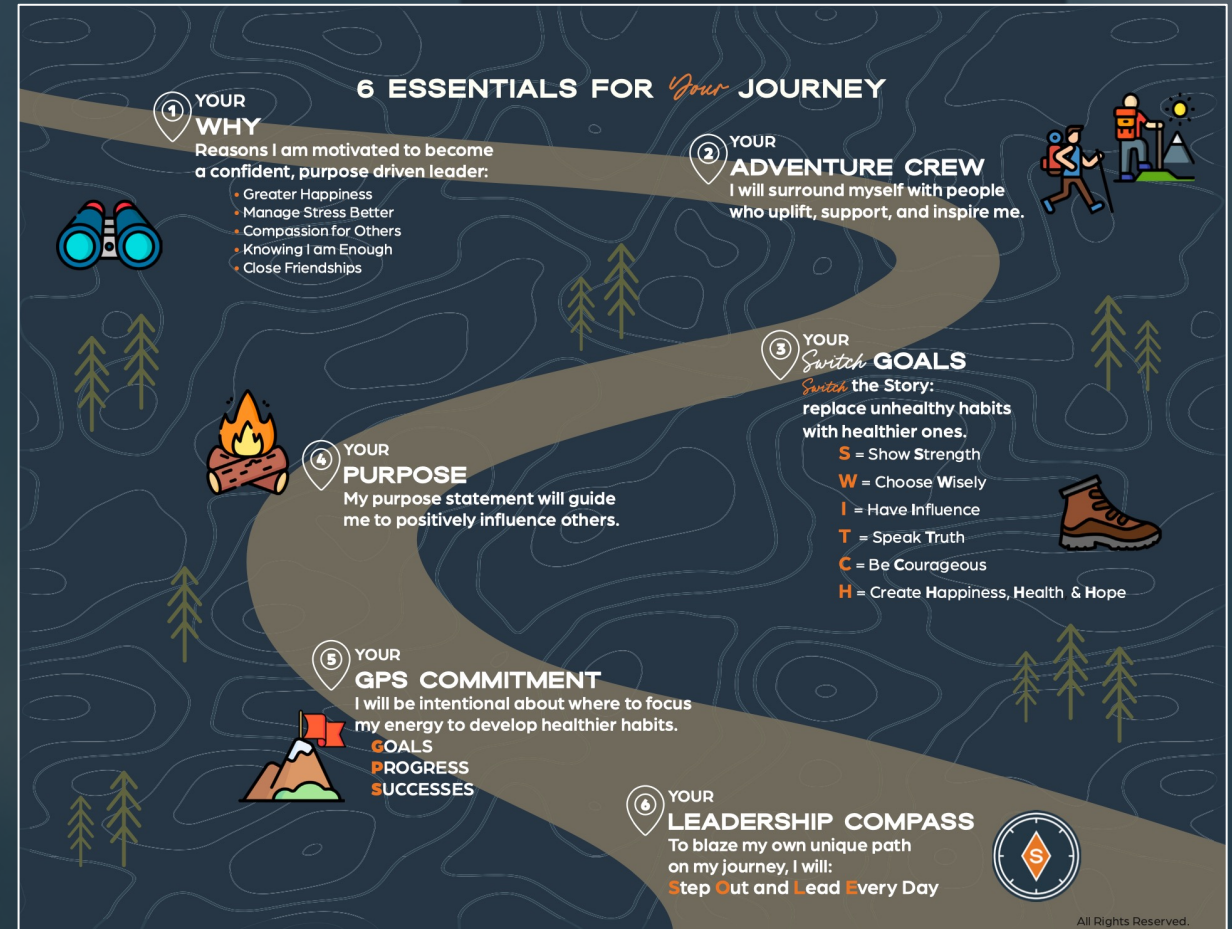
Together, read through each of the Essentials.

Which Essential might be a roadblock for you? How might you get back on track?

This is the most important **DEVELOP** part of your Journey:

**DEVELOP**

► Return to your Leadership Guidebook and locate your GPS for *Adventure08*.





Your Working GPS & Final Team Discussion

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*).



Go Live Your Adventure



Dear Student,

Although you're at the end of your **SOLEFX** Journey, you're now equipped to live your life's journey to the fullest! Remember, you hold the power to make a difference in your own life and the lives of others. Believe in your own potential. We've believed in it all along.

Your **SOLEFX**
College Leadership Team