

Adventure

08 LEADERSHIP

Switch Fearful to Courageous

SOLEFX
JOURNEY





Adventure
08 LEADERSHIP

Learn
Engage
Act
Develop

Switch Fearful to Courageous

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.

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.

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.

ENGAGE

- ▶ 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.

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 #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
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CREATING MY PURPOSE STATEMENT

Your purpose is the unique way you make a difference in others’ lives.

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

Where do you want to have an impact? (e.g., children, teens, people with _____, environment, etc.)

What do you care about? (e.g., recycling, mentoring, health, music, etc.)

How can you make a difference? (e.g., create, connect, support, donate, teach, volunteer, etc.)

PURPOSE STATEMENTS

How I will help others through my influence:

- ▶ 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

▶ Write your purpose statement in a short sentence:

▶ How can you get started positively influencing others?



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.

3. 6 ESSENTIALS FOR *Your* JOURNEY

- ▶ Together, read through each of the Essentials. (back page)
- ▶ Which Essential might be a roadblock for you? How might you get back on track?

Examples:

- **MY ADVENTURE CREW** I don't always hang out with people that positively influence me.
- **MY GPS** I worry about being perfect without thinking about the progress I've made.



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

6 ESSENTIALS FOR *Your* JOURNEY

① YOUR WHY

Reasons I am motivated to become a confident, purpose driven leader:

- Greater Happiness
- Manage Stress Better
- Compassion for Others
- Knowing I am Enough
- Close Friendships



② YOUR ADVENTURE CREW

I will surround myself with people who uplift, support, and inspire me.



③ YOUR *Switch* GOALS

Switch the Story: replace unhealthy habits with healthier ones.

- S** = Show Strength
- W** = Choose Wisely
- I** = Have Influence
- T** = Speak Truth
- C** = Be Courageous
- H** = Create Happiness, Health & Hope



④ YOUR PURPOSE

My purpose statement will guide me to positively influence others.



⑤ YOUR GPS COMMITMENT

I will be intentional about where to focus my energy to develop healthier habits.



GOALS
PROGRESS
SUCCESSSES

⑥ YOUR LEADERSHIP COMPASS

To blaze my own unique path on my journey, I will:
Step **O**ut and **L**ead **E**very Day

