

# CHARACTER & LEADERSHIP DEVELOPMENT

## UNIT 1 – MISSION, VISION, PURPOSE

**Unit 1 - Essential Question:** Why is it valuable to write and continuously revise your mission and vision statements and how do they impact your purpose?

**Learning Target & Objectives:**

1. Understand how to write a vision and why it's important to establish one for your life.
2. Understand what a mission statement is and evaluate how it impacts your purpose.
3. Learn the importance of building a strong community and culture around you.

### VISION: DRAFT A VISION FOR YOUR FUTURE

Lesson 1 – Vision – The Guiding Image

Lesson 2 – Vision – Map Out Your Future

### MISSION: DEFINE YOUR VALUES & PRINCIPLES

Lesson 3 – Mission – Be Guided by Your Values

Lesson 4 – Mission – Proven Principles

### PURPOSE: UNDERSTAND HOW PURPOSE DRIVES YOUR LIFE

Lesson 5 – Purpose – Inspire the Journey

Lesson 6 – Purpose – The Future Is Now

### IMPACT YOUR COMMUNITY: BUILD & LEAD WITH STRENGTH

Lesson 7 – Impact Your Community – Love It, Learn It, Live It & Lead It

Lesson 8 – Impact Your Community – Prepare Yourself to Lead

Lesson 9 – Impact Your Community – The Importance of Community

Lesson 10 – Impact Your Community – Practice What You've Learned

## UNIT 2 – PERSONAL EXPERIENCE

**Unit 2 - Essential Question:** How do you challenge yourself, create meaningful experiences and build a story worth telling?

**Learning Target & Objectives:**

1. Understand how to make life an adventure.
2. Learn the value in creating memories and meaning in everything you do and how to use your life story to create relatability.
3. Identify areas in your life that need a boost in excitement and learn how to infuse fun into your life through hobbies and activities.

### ADVENTURE: CHALLENGE YOURSELF TO LIVE EXTRA-ORDINARY

Lesson 11 – Adventure – Take Up the Challenge

Lesson 12 – Adventure – See the World

Lesson 13 – Adventure – Do Something Out of The Ordinary

### MEMORIES: CREATE MEANING IN EACH MOMENT

Lesson 14 – Memories – Moments = Memories = Meaning

Lesson 15 – Memories – The Power of Reflection

Lesson 16 – Memories – Family, Friends & Loved Ones

### YOUR STORY: USE YOUR STORY TO RELATE TO OTHERS

Lesson 17 – Your Story – Look into The Past & Write Your Future

Lesson 18 – Your Story – Experiences & Stories Enable You to Connect with Others



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## HAVE A LITTLE FUN: HAVE FUN IN EACH STAGE OF LIFE

Lesson 19 – Have a Little Fun – Don't Take Everything So Seriously

Lesson 20 – Have a Little Fun – Choose to Be Different

Lesson 21 – Have a Little Fun – Hobbies & Dreams

## UNIT 3 – THOUGHTS, WORDS & SILENCE

**Unit 3 - Essential Question:** How do words, thoughts, beliefs and actions affect your life?

### **Learning Target & Objectives:**

1. Understand how your words shape thoughts, thoughts shape beliefs and beliefs move us to action.
2. Evaluate the effects of negativity and positivity in your life and how being silent or asking questions is the best course of action.
3. Learn how to unlock unused potential through the power of your words.

## FRAME YOUR WORLD: LEARN THE POWER OF WORDS

Lesson 22 – Frame Your World – Words Shape Thought

Lesson 23 – Frame Your World – Thoughts Shape Beliefs

Lesson 24 – Frame Your World – Belief Shape Actions

## POSITIVE & NEGATIVE: THE EFFECTS OF POSITIVITY & NEGATIVITY

Lesson 25 – Positive & Negative – The Effects of Negativity

Lesson 26 – Positive & Negative – Turn Negativity into Positivity

Lesson 27 – Positive & Negative – Positivity Exercise

## SILENCE & QUESTIONS: THE IMPORTANCE OF SILENCE & ASKING QUESTIONS

Lesson 28 – Silence & Questions – The Importance of Silence

Lesson 29 – Silence & Questions – Questions First Please

## WARPING REALITY: UNLOCK YOUR POTENTIAL

Lesson 30 – Warping Reality – Limitless Design

Lesson 31 – Warping Reality – The Words Exercise

Lesson 32 – Warping Reality – Daily Affirmation Statement

## UNIT 4 - IDENTITY

**Unit 4 - Essential Question:** How do you access your emotions and use them to overcome the thoughts or beliefs that hold you back?

### **Learning Target & Objectives:**

1. Learn how to uncover who you are and what you want to do with your life.
2. Understand the process and value of an emotional audit and the three layers of the mind.
3. Learn what a competing commitment is and how to overcome limiting beliefs.

## DISCOVER YOUR IDENTITY: LEARN HOW TO FIND YOURSELF

Lesson 33 – Discover Your Identity – The Assignment

Lesson 34 – Discover Your Identity – Uncover Who You Are

Lesson 35 – Discover Your Identity – Recover What You Used to Have

Lesson 36 – Discover Your Identity – Discover New Things About Yourself



# CHARACTER & LEADERSHIP DEVELOPMENT

## EMOTIONAL AUDIT: REPROGRAM HOW YOU THINK & FEEL

Lesson 37 – Emotional Audit – An Emotional Audit  
Lesson 38 – Emotional Audit – The Mind Map  
Lesson 39 – Emotional Audit – The Three Levels of the Mind

## INNER ENGINEER – PART 1: CHANGE THE BELIEF SYSTEMS THAT HOLD YOU BACK

Lesson 40 – Inner Engineer - Part 1 – Competing Commitments  
Lesson 41 – Inner Engineer - Part 1 – Get Specific & Break It Down

## INNER ENGINEER – PART 2: OVERCOME LIMITS & SETBACKS

Lesson 42 – Inner Engineer - Part 2 – Activities, Time Commitments & Fearing Success  
Lesson 43 – Inner Engineer - Part 2 – The Pain of Rejection  
Lesson 44 – Inner Engineer - Part 2 – Relationships, Memories & Experiences  
Lesson 45 – Inner Engineer - Part 2 – Attitudes, Schedules & Behaviors

## UNIT 5 – MAKING A DIFFERENCE

**Unit 5 - Essential Question:** Why is it important to give your time, thoughts, energy and resources to others?

### Learning Target & Objectives:

1. Understand the principles of giving and what it means to be a cheerful giver.
2. Learn how to make a difference in the lives of those around you and how to position yourself to influence other people.
3. Understand the value of creating a lasting legacy and what you can do now to start building a strong foundation.

## GIVING IS GETTING: UNLOCK THE POWER OF GIVING

Lesson 46 – Giving Is Getting – The Uncharted Principle  
Lesson 47 – Giving Is Getting – Giving Back or Just Giving?  
Lesson 48 – Giving Is Getting – The Giving Experience

## REASONABLE RESPONSE: HOW A WEALTH MINDSET WORKS

Lesson 49 – Reasonable Response – Wealth & Power  
Lesson 50 – Reasonable Response – The Dead Sea or The Niagara Falls

## MAKE A DIFFERENCE: HOW TO MAKE A DIFFERENCE WHERE YOU ARE

Lesson 51 – Make a Difference – What Does It Take to Make a Difference?  
Lesson 52 – Make a Difference – Being A Positive Influence on Others  
Lesson 53 – Make a Difference – The Simple Gift of Life  
Lesson 54 – Make a Difference – Move Forward & Make A Difference

## BE THE CHANGE: CREATE A LEGACY

Lesson 55 – Be the Change – Is There More to Life?  
Lesson 56 – Be the Change – Is Doing Good Better Than Being Great?  
Lesson 57 – Be the Change – A Life Plan Can Help Build a Legacy  
Lesson 58 – Be the Change – Giving Beyond



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## UNIT 6 – TRANSFORMATION

**Unit 6 - Essential Question:** How do creativity, curiosity and mystery impact our ability to grow and find our purpose?

**Learning Target & Objectives:**

1. Understand how mystery plays a vital role in our curiosity, creativity and growth in life and how to embrace the role of a leader.
2. Learn how to have both passion and compassion for others.
3. Evaluate what “true leadership” is and how to create healthy thoughts.

### MYSTERY: EMBRACE LIFE AS A MYSTERY

Lesson 59 – Mystery – From Dreams to Destiny

Lesson 60 – Mystery – Becoming the Seeker

### COMPASSION & STILLNESS: DON'T BE AFRAID TO LET YOUR HEART WIN

Lesson 61 – Compassion & Stillness – The Secret of Purpose

Lesson 62 – Compassion & Stillness – People Matter

Lesson 63 – Compassion & Stillness – Find Peace Through Stillness

### A REINVENTED LEADER: WHAT IS TRUE LEADERSHIP?

Lesson 64 – A Reinvented Leader – True Leadership

Lesson 65 – A Reinvented Leader – Embrace the Paradox

Lesson 66 – A Reinvented Leader – Logical vs. Emotional Thinking

### START AGAIN: HOW TO END STRONG & START AGAIN

Lesson 67 – Start Again – Completion Is the Difference

Lesson 68 – Start Again – Make the Decision

Lesson 69 – Start Again – Until Next Time

