

ACTIVITY 1: LIFELINE

STUDENT EDITION

ACTIVITY 1: MY LIFELINE

DIRECTIONS

1. Pick key events and experiences in your life.

- ▶ Examples include victories achieved, challenges faced, fears overcome, stands taken and lessons learned.
- ▶ You get to choose the experiences that have shaped you. It could be anything—achieving a goal, making a new friend, receiving an award, traveling with your family, completing a project, joining a team, losing a championship or graduating to the next level.

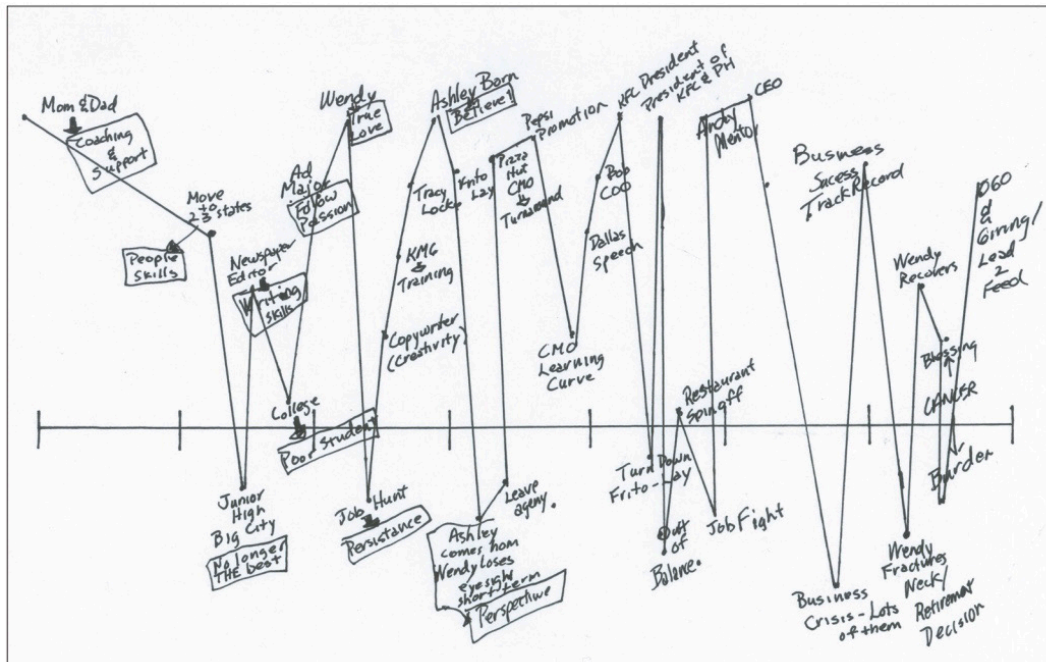
2. Place these events on your Lifeline in the order in which they happened.

- ▶ Put happy or good things above the line and sad or bad things below the line. Place them higher or lower to show how you felt about them at the time. You are shaped from both the highs and lows in your life. An experience that made you very happy should be higher on your Lifeline, while something that was sad should be lower.

3. Connect the dots.

- ▶ When you are finished, draw a line that connects the events by the date they happened. Add notes or pictures to make it more personal.

EXAMPLE: David Novak's Lifeline



David Novak is Co-Founder, retired Chairman and CEO of Yum! Brands, Inc., one of the world's largest restaurant companies. A well-known expert on leadership and recognition culture, Novak is the author of three highly respected and critically acclaimed books, including the New York Times bestseller *Taking People With You*.

INTRODUCTION

It can be hard to “be ourselves” because we don’t always know exactly who we are. This is especially true when we face big changes in our lives. It takes self awareness, insight and reflection to really learn who we are and to become comfortable and confident with that information. These are tools that strong leaders use to learn from their past and create a vision for their future. Take a few moments to complete these three steps that will help you to “know yourself” better.

Videos



BE YOUR BEST SELF



MY LIFELINE

1. List key events in your life.

2. Draw your lifeline.



- ▶ Print this page to use the template below or use a separate sheet of paper.
- ▶ Take a picture of your completed lifeline and attach it to the PDF before submitting to your teacher.

The UPS

The DOWNS

Q What are three specific things you learned about yourself?

Q What experiences have shaped you most as a person? Explain.

ACTIVITY 2: GROW YOURSELF

DIRECTIONS

- ▶ Identifying qualities and characteristics that describe who you are today and using that knowledge to define who you want to become in the future will help you identify areas for personal growth and improvement. Leaders are always reflecting on their strengths and working to grow those characteristics to move forward in their journey.
- ▶ Use a 3x5 index card and create a chart like the one below. On the left side of the index card, write four or five words that describe you, such as strengths you possess. For each word or phrase, write down on the right side of the chart a way to be even better in the future.

1. What am I today?

What are five words or phrases that people would use to describe you? (Be honest.)

2. How can I be even better tomorrow?

For each word/phrase, write a way you can be better in the future. (How can you use your strengths even more? How can you improve the areas where you are weak?)

WHAT AM I TODAY?	HOW CAN I BE EVEN BETTER TOMORROW?

EXAMPLE: David Novak's Reflections, 2011

WHAT AM I TODAY?	HOW CAN I BE EVEN BETTER TOMORROW?
Passionate/Convicted	Don't overwhelm/intimidate others
Creative	Stay focused until job is done!
Instinctive	Balance with facts/process and discipline
Driven for Results	Instill even more urgency—So what? Now What?
Striving for Balance	More time at home, stay in shape



ACTIVITY 3: THREE BIG QUESTIONS

DIRECTIONS

Think about the key events that have influenced who you are today and about the specific ways you can become even better tomorrow. It's time to make big things happen in your life. Read the three big questions below and record your thoughts. Asking these questions will help you set BIG goals, and the first job of a successful leader is to have a good idea of where you want to lead people.

Q What's the single biggest thing you can imagine that will help you grow or to change your life?

Q Who do you need to affect, influence or take with you to be successful?

Q What perceptions, habits or beliefs do you need to build, change or reinforce to reach your goals?

SO WHAT?

An important step in interacting with others is getting to know yourself. As you navigate through life you will work on many teams. From school projects to teams once you begin a career, all will require strong interpersonal skills. Looking back on your experiences will help you identify your strengths and weaknesses so you can best contribute to a team.

NOW WHAT?

Turn in to your teacher:

- ▶ Lifeline
- ▶ Answers to the Three Big Questions

NOW GO LEARN!