

LEADERSHIP

Check off the Champion for Life missions as you complete them each day.

STAND UP AND LEAD

Get up in front of people as much as you can. It will make a tremendous impact on your life. Studies show that the #1 fear in life for most people is getting up in front of others and speaking. When you conquer things that other people are afraid of, you set yourself up for extreme success. Try giving a presentation, telling a joke, a story, or doing a comedy show. You can also try singing, reciting a poem, acting, teaching, or reading to a group. Next time someone asks for a volunteer, be the first to raise your hand. Everyone is scared at first, but pretty soon it will be easy and you will not be afraid to stand up and lead.

DAY 1 MISSIONS – STAND UP AND LEAD

- Be a volunteer to read or perform in class
- Practice reading out loud at home
- Memorize a good joke or story and tell it to a group of people
- Teach a friend or family member a martial arts move and practice with him/her
- Perform a set of martial arts moves or demonstration in front of your martial arts class

GOOD WINNER / GOOD LOSER

Good Winner

Leaders know how to win like a champion. You congratulate your opponents and encourage them to do their best next time. Be excited about winning, but don't show off or make fun of the people who lost. When people tell you how good you are, always thank them.

Good Loser

Being a good loser is one of the most important qualities to achieving great things in life. The more time you spend complaining about losing, the more time your opponents have to get better. It is impossible to win every time, so turn your losses into wins.

When you lose, try the **“Winners’ Game Plan”**

Get over it! Tell yourself you tried your best and tell you opponents “good job.”

Get better! Write down why you lost and practice what you did poorly.

Go try again! Keep trying your beset. Winners never give up, they turn it up.

DAY 2 MISSIONS – GOOD WINNER/LOSER

- Congratulate someone who scores better than you or wins a game or contest against you
- Next time you lose a game or a contest, write down what you could do better
- Next time you win a game or a contest, tell all of your opponents: “great job”
- Be the first person to congratulate your opponent if you win or lose
- Write down the winners’ game plan

CHARISMA

Leaders have a lot of charisma because they feel good about themselves. When you have charisma, people will like being around you because you are celebrating, not complaining. You are happy, you smile, and you are fun to be with. You start conversations with people, you listen to them, and you help everyone to feel better about themselves. You help people to have a good time and you encourage them to do their best.

	Low	Average	Good	Excellent
I say "hi" to people first	Rarely	Sometimes	Most of the time	Always
I like to talk to people	Rarely	Sometimes	Most of the time	Always
I'm always feeling great	Rarely	Sometimes	Most of the time	Always
I like helping people	Rarely	Sometimes	Most of the time	Always
I'm fun to be around	Rarely	Sometimes	Most of the time	Always

DAY 3 MISSIONS – SPEAK UP

- Greet 5 people in your class at school before they greet you
- Tell 5 people that it's good to see them
- When someone asks you how you are doing, say "Great! And how are you?"
- Give someone a compliment to make him/her feel good

JOURNAL TO SUCCESS

Writing gives you time to find out who you are, plan activities, unleash creativity, understand your thoughts, plan for the future, and open your dreams. An easy way to jump-start your success is to have a success journal in which you can write down important events, plan for the future, and write down important things that you learn. Use your success journal to track your Personal Achievement Accomplishments and write down your goals. Remember that you can write however you want and whenever you want, so be creative and have fun. The secret of a great journal is to write in it as often as you can, have fun, and come up with some great ideas.

DAY 3 MISSIONS – LEAD WITH OPTIMISM

- Make a journal by stapling paper together or buy a journal from a store
- Write down one goal in your journal
- Draw a picture of anything you like
- Write a short story about anything you want
- Write down one thing that you learned
- Write a short paragraph about a friend, family member, or teacher