

RESPECT

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

BEING A GOOD CITIZEN

Are you a good citizen? When's the last time you did something to make your community a better place? President Kennedy inspired everyone to make our country better in his 1961 inaugural address admonition: "Ask not what your country can do for you, ask what you can do for your country."

What can we do in our own communities to make our world a better place? Start with always obeying all laws and following all community rules. Next pick a few from our list:

Neighborhood

Always be polite and say hello
Lend a hand to injured or elderly
Take over baked goods

Go Green

Recycle papers, plastics, and bottles
Take shorter showers to reduce water use
Use filtered tap water instead of buying bottled

Cleaner Environment

Sweep a sidewalk
Pick up trash
Clean up after pets

DAY 1 MISSIONS – BEING A GOOD CITIZEN

- Say hi to a neighbor.
- Play with a neighborhood kid or visit a neighborhood family.
- Add any plant, tree, or flower to your house or neighborhood.
- Sweep a sidewalk or pick up trash on your street.
- Recycle a bottle, plastic item, or paper.

TRUST POWER

Everyone likes people they can trust. What is your Trust Power? Build up your trust powers by always being nice, being on time, returning items you borrow, and never ever lie, even if you are embarrassed. Every time you do these things, your trust power goes up. Your friends and family will want to hang out with you more, go places with you, and let you borrow things. They will believe you when you tell them something. Always try to build up your Trust Power with everyone you know. Make Your Trust Power Grow Every Day!

Write in your points for each category: **1 Point**–Sometimes **2 Points**–Most of the Time **3 Points**–Always

	With Family	Teachers	Friends	Adults	Total Points
I am nice	_____	_____	_____	_____	_____
I am on time	_____	_____	_____	_____	_____
I return things I borrow	_____	_____	_____	_____	_____
I tell the truth	_____	_____	_____	_____	_____

DAY 2 MISSIONS – TRUST POWER

- Make a promise to someone and keep it.
- Borrow something from someone and return it on time.
- If someone is making fun of another person, don't join in.
- Tell the truth even if you think it might get you in trouble or get made fun of.
- Set up a time to meet someone and arrive early.

SELF-RESPECT

It is important to respect friends, family, teachers, and adults, but it is also very important to respect yourself. How do you do that? It is simple: do things by yourself that will make you a better person and never do things that will hurt you. The more things you do that are good for you, the more you keep achieving great things. These things make you feel really good about yourself and make you a champion for life!

When you do this by yourself	...You get this!
Study hard	Smarter, better test scores, better grades, better job
Read books	More imagination, creativity, faster thinking, better spelling skills
Work out	Stronger muscles, live longer, gain speed and power
Eat healthfully	Feel better, look better, more energy, live longer
Show respect	More friends, trust, freedom, people do more for you and like you more
Schedule your day	Have more fun, free time, activities, time with friends, accomplish more

DAY 3 MISSIONS – SELF-RESPECT

- Brush your teeth without being asked.
- Clean your room without being asked.
- Start and complete your homework without being asked.
- Read a book or a magazine for 15 minutes by yourself without being asked.
- Practice your martial arts for 15 minutes by yourself without being asked.

THE ARMY OF HABITS

Everyone has hundreds of habits. Habits are things that you do every day without thinking about them. Your goal is to have an army of good habits that make you better each day and help you accomplish your goals. But watch out for the army of bad habits that make you do the wrong things and stop you from reaching your goals. Everyone has a few bad habits that can be changed and moved to the good team.

Here is how you do it:

1. Write down a bad habit that you would like to fix.
2. Put it up where you can see it a few times each day. This will remind you to think about it.
3. It is best to catch yourself before you do it or stop yourself right away when you do it.
4. For most people it takes 21-30 days or about 50 times to change your habit before it is gone. So keep track of the days and the number of times that you don't do your bad habit. Move these old bad habits to the Good Habit Army!

DAY 4 MISSIONS – THE ARMY OF HABITS

- Write down one poor habit that you would like to fix.
- Write down two good habits that you are proud of.
- Post these habits in your room.
- Tell someone how many days and times it takes to break a bad habit.
- Talk to your parents about bad habits.