

# STRONG CHARACTER

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

## THE CIRCLE OF RESPECT

The person with the most respect wins. It's crazy! The more respectful things you do for people, the more respect they give you back. It makes life more enjoyable and more fun when everyone shows each other respect. Below are 5 ways you can show respect for the very important people in your life.

### 5 ways to show respect

1. Be a good listener – Look in their eyes, listen until they have finished speaking, and answer any questions correctly
2. Keep your promises – Always do what you say you are going to do, always meet someone when you say you will meet them, never lie, and always apologize if you make mistakes
3. Have good manners – Say yes and no, thank you and please, and open and close doors for others
4. Go out of your way – Find ways to help them when they need help. Do it before they ask!
5. Give compliments – Say nice things to them and about them to others. Encourage them to be their best

### DAY 1 MISSIONS – THE CIRCLE OF RESPECT

- Give a compliment to a friend at school
- Open the door for a family member, friend, or teacher
- Be 5 minutes early to meet someone or to a class
- Look into an adult's eyes while he/she talks to you
- Say "Yes, Mom" or "Yes, Dad" the next time your parents ask you to do something

## "I CAN" ATTITUDE

When you say "I can," you end up trying your best. When you say "I can't," you usually give up. It's much too hard to accomplish your goals when you keep giving up. That's why statistics show that people with the "I can" attitude are more productive, enjoy better health, are less weighed down by stress, and generally are more successful in life. "I can" people try to find solutions and options instead of thinking about problems, barriers, or giving up.

**Try this!** When things are hard, tough, or you get tired, say "I can" five times. You're much more likely to reach your goals, and the positive outlook will give you a jolt of energy. Remember the last four letters of American are I CAN. **Memorize this:** "I may not be able to do everything perfectly, but I can always try my best to get better!"

### DAY 2 MISSIONS – "I CAN" ATTITUDE

- Say "I can" 10 times out loud
- Ask a friend how to do something you are not able to do
- Memorize the "I can" motto and tell someone without looking
- If you catch yourself saying "I can't," say "I can" 10 times quickly
- Without caring whether you win or lose, play a game with friends or family just for fun

## SUITCASE FOR TIME

Would it be cool to do everything you want, every day? Of course it would, but you have to do a little planning first. It's like when you try to pack a suitcase. If you throw everything in, you can only fit a little bit inside. But when you pack it very neatly, you can fit in a lot more. The same is true with your busy life. The more you organize your time and activities, the more you can "pack in," which means more time for family, friends, and fun.

First, write down the things you have to do each day and put a time limit on the right side. Then write in the things you want to do and for how long. Lastly, plan them accordingly on the day you want to do them.

Have to do	Time	Have to do	Time
1. _____		1. _____	
2. _____		2. _____	
3. _____		3. _____	

### DAY 3 MISSIONS – SUITCASE FOR TIME

- Write down one fun thing you want to do and plan when you are going to do it
- Do one of your chores or responsibilities early so you have more time for other things
- With your parents, plan out your chores, responsibilities, and the coolest weekend ever
- Organize your room and your homework study area
- Write down the hours you spend on the phone and computer, then compare it to the hours you spend reading and studying

## JOURNAL TO SUCCESS

Let's pretend now that all of your goals and dreams are at the top of the "ladder of success." Every time you make the right choice, you climb a rung toward your goals and dreams. Every time you make the wrong choice, you drop down a rung. When you continue to make the right choices, you climb up the ladder faster and faster toward your goals. Remember this: With each choice each day, you can go either way. Try to make the best decision every time and climb up the ladder of success.

### DAY 3 MISSIONS – LADDER OF SUCCESS

- Draw a ladder of success poster. Draw a ladder with some of your dreams and goals at the top
- Draw yourself in the middle of the ladder
- Put your drawing up in your room and write "Ladder of Success" at the bottom
- Before you make a decision, stop and say, "What's the right choice?" 3 times
- When you make the right choice, give yourself a point and imagine yourself going one step up the ladder