

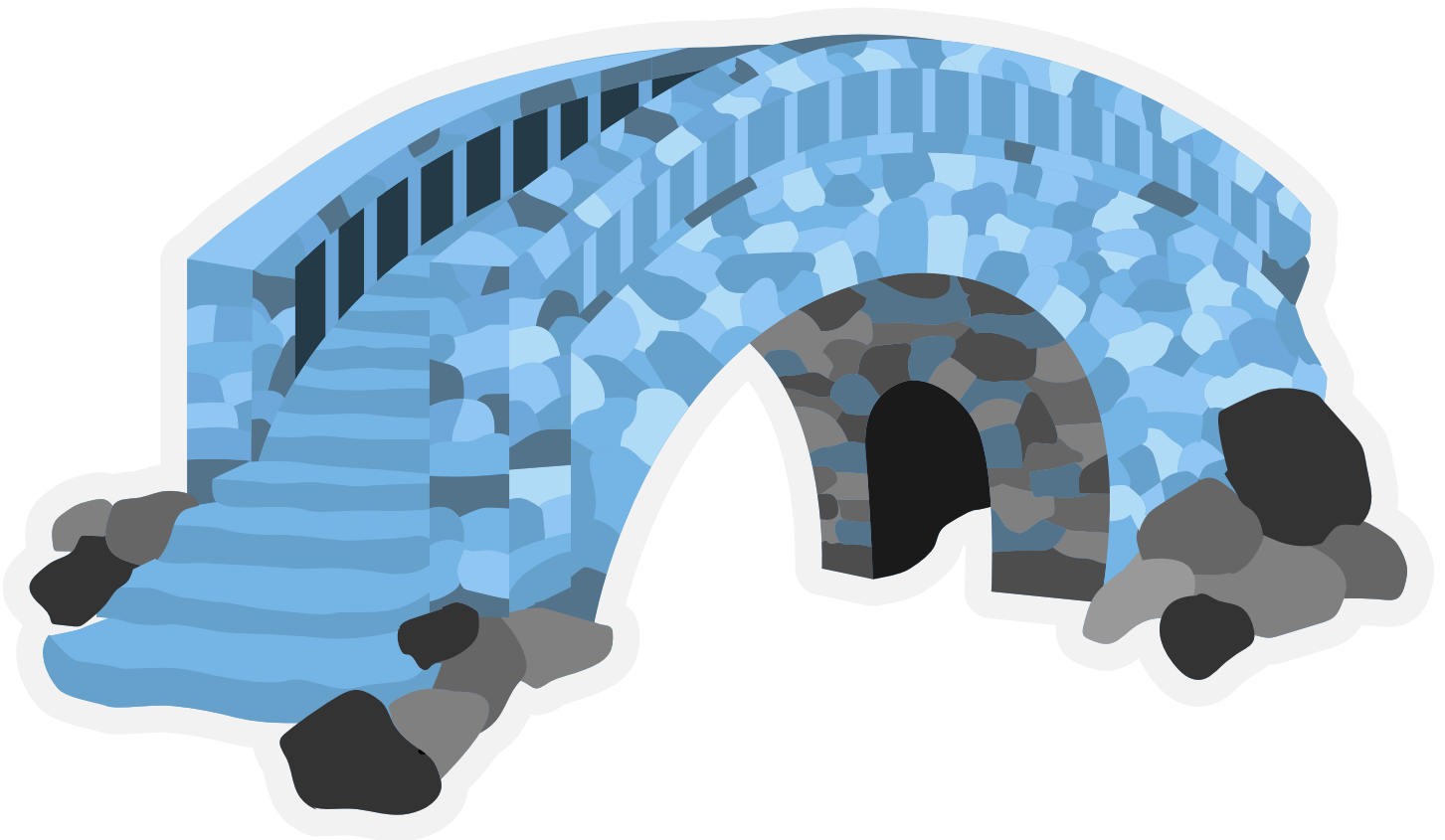
BELIEVE IN YOU

Name:

Date:

Walking the pathway of **SERVANT LEADERSHIP**

A 5 DAY JOURNAL EXPERIENCE



This journal is designed for students and adults. *Go Be Great!*

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SERVANT LEADERSHIP

/noun/

A way of thinking that places the primary focus of work and effort on the needs of a community as well as the individuals that make up that community.

Welcome to the 5 Day Servant Leadership Journal.

How can we prepare to be leaders in this world when images of trouble and divisiveness constantly flood our media feeds? How do we develop a positive and effective leadership style when tribal competition is often valued over cooperation and compromise?

Do you feel like there must be a better way? **There is.** Welcome to the Pathway of Servant Leadership.

As you journey along this path, you'll uncover 5 landmark concepts that serve as individual gateways that lead to the next landmark: connection, compassion, purpose, hope, and power. Each concept will guide you forward — feeding your enthusiasm with the essential ingredients of servant leadership.

As you complete this journal be open and honest with yourself. Your servant leadership is exactly what this world needs. However, it must be authentic and kind as well as ambitious and bold. Remember, return to this journal any time that you need to reflect on your journey. Go Be Great!

Journey the Path – We Believe In You

This journal is free to everyone as a public service of Varsity Brands.

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Servant leaders build CONNECTION.

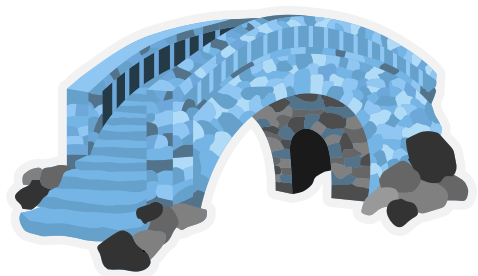
Connection is the first landmark on the journey toward servant leadership. Connection allows leaders to see and value both the needs and the dreams of their communities as well as the individuals who they serve.

When servant leaders find meaningful connection they're inspired to collaborate and to empower the people around them. They lead by example and seek meaningful solutions.

Connection allows teamwork to thrive.

DAY 1

Mutual trust and respect are the products of true connection. When trust and respect take root — productive communication grows and bears fruit.



On this page, reflect on personal connections that you have in your school and community. Write about a person that you know who has taught you about the importance of community. What did they teach you? Why was that lesson important?

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Servant leaders value COMPASSION.

Compassion is the second landmark you'll pass as you travel toward servant leadership. It comes after connection because connected relationships feed and nurture compassion.

Servant leaders genuinely care about the wellbeing of others. They want to ease the struggles of their communities because they belong to the communities they serve. Through kindness and understanding, servant leaders seek to empower others.

DAY 2



The heart of servant leadership.

Belonging and support are the products of compassion. When leaders demonstrate empathy and kindness, the people they serve feel valued and empowered.

On this page, reflect on how compassion and kindness have helped you build an important relationship. Write about a person who has shown you how to be compassionate and kind. How does their compassion have a positive impact on the people around them? How does their kindness make the world a better place?

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Servant leaders have PURPOSE.

Purpose is the third landmark on the path to servant leadership. As leaders stay connected and feel compassion for their communities — true purpose is born.

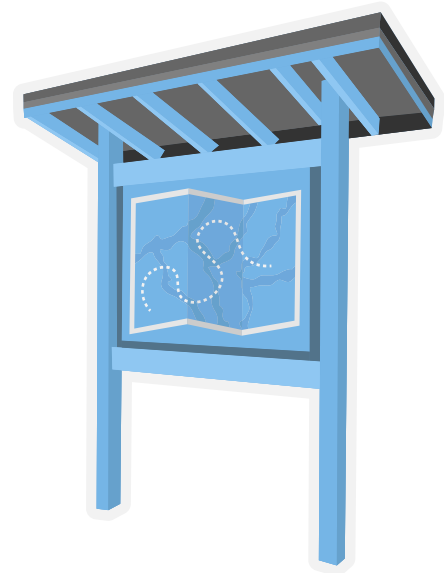
The purpose of a servant leader goes beyond personal goals. They are committed to a cause larger than themselves. Purpose inspires vision and drives action. Actions taken are aligned with the values of those being served.

Purpose drives action forward.

Mission and common goals are products of purpose. With a defined purpose, leaders and communities can collaborate, develop goals and take action.

On this page, reflect on your purpose as a member of your community. Make a list of 3 things that you can do to improve your school. Next to each listed item, write the names of friends, teachers, or other community member that can help you work toward this purpose.

DAY 3



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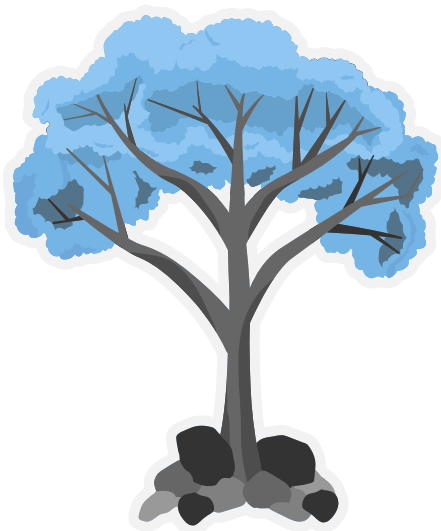
Servant leaders have HOPE.

Hope is the fourth landmark on our journey. Servant leaders are role models of hope and optimism for their communities, even in the face of challenge and adversity.

Hope inspires positive change and empowers people to overcome obstacles to achieve success. Servant leaders look to find the potential for greatness and then they work to unlock that potential

DAY 4

Hope grows confidence and optimism.



As communities work toward a common purpose, hope strengthens determination. When leaders learn to harness the power of hope, they help their communities thrive.

On this page, reflect on 2 things that you're hopeful about. List 2 things that give you hope for your school or community. What is it about those things that make you hopeful? What are some ways that you could communicate with others about those 2 things? What could you say to help build confidence, optimism and hope?

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Servant leaders recognize their POWER.

Power is the fifth and final landmark that we'll reach as we become servant leaders. True servant leaders understand that they have the power to make their communities better and to empower the people around them to take positive action.

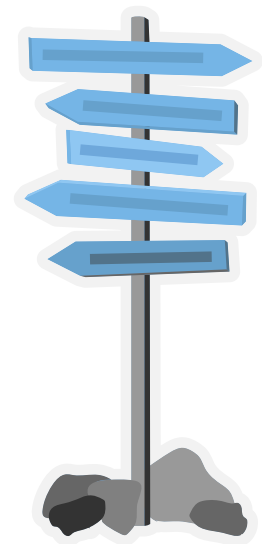
Servant leaders lead by example and know that their power is not meant for control or authority — it's meant to help community members realize their true potential.

Use power to empower true greatness.

Servant leaders can leverage resources and influence to help others find a voice and take positive action. Use your power for good and lead by example.

On this page, reflect on a person that you know that has uses their influence and resources to empower other people. How have they used their personal power to help others find a voice or take positive action? How have they used their power to serve others?

DAY 5

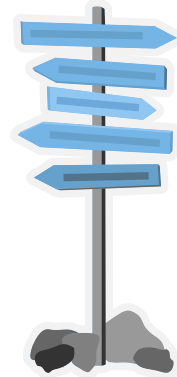


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Servant Leadership

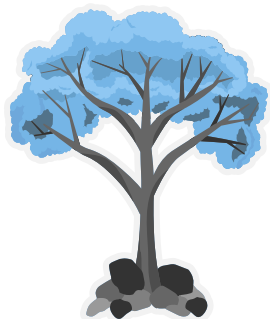
This is the spot where you'll summarize your thoughts about servant leadership. Answer the three questions below.

What does servant leadership mean to you?



Where can you start working to build stronger connection in your community? What are two or three things you can do to get started?

How can you use your power to help others be more optimistic and hopeful?



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LEAD BY EXAMPLE Priority Learning Outcomes

Based on CADA Student Leadership Standards

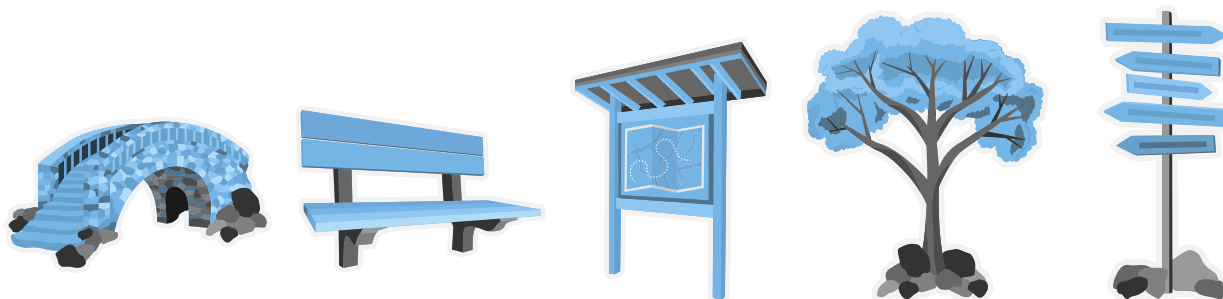
This journal-based experience is designed to help individuals reach the following leadership outcomes:

Communication

- Individuals will reflect on successes and areas for growth with growth mindset and optimism.

Personal and Social Development

- Individuals will identify emotions, thoughts, and values that impact behavior and self-efficacy.
 - Individuals will analyze personal strengths and areas for improvement with healthy self-perception, self-competence, and growth mindset.
 - Individuals will access and utilize self-management and self-regulation tools and strategies related to stress, motivation, discipline, and impulse control.
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The world needs you. We Believe In You.

For more information about the CADA Student Leadership Standards visit www.cada1.org

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This journal was inspired by the servant leadership of Varsity Brands.

Visit their website to learn more:
www.varsitybrands.com

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