Lesson 1

BE YOUR BEST SELF

The Lead2Feed lessons use hunger as the project example. Your project focus may include hunger issues, or another social or cultural problem or need in your community. For example, you can help an existing charity or create a local, state-wide, or national project in your community. Wherever the lessons indicate hunger, simply replace with your chosen focus area.

ACTIVITY ONE: LIFELINE

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.

Directions

1. Pick key events and experiences in your life.
   - Examples include victories achieved, crises endured, 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.
ACTIVITY ONE: LIFELINE (continued)

EXAMPLE
David Novak's Lifeline

My Lifeline
Make a list of the key events in your life.

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________
ACTIVITY ONE: LIFELINE (continued)

The “Ups”

What are three specific things you learned about yourself?

Which experiences have shaped you the most as a person? Explain.

The “Downs”
ACTIVITY TWO: 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. On the left side of the chart below, 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.

<table>
<thead>
<tr>
<th>What am I today?</th>
<th>How can I be even better tomorrow?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>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?)</td>
</tr>
</tbody>
</table>

Leaders know it is important to be yourself!
Have faith in yourself. Be self-aware. Be honest about what you don't know. Use positive self-talk and positive thinking.

**EXAMPLE**
David Novak’s Reflections, 2011

<table>
<thead>
<tr>
<th>What am I today?</th>
<th>How can I be even better tomorrow?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Passionate/Convicted</td>
<td>Don’t overwhelm/intimidate others</td>
</tr>
<tr>
<td>Creative</td>
<td>Stay focused until job is done!</td>
</tr>
<tr>
<td>Instinctive</td>
<td>Balance with facts/process and discipline</td>
</tr>
<tr>
<td>Driven for results</td>
<td>Instill even more urgency – So what/Now what?</td>
</tr>
<tr>
<td>Striving for balance</td>
<td>More time at home, stay in shape</td>
</tr>
</tbody>
</table>
ACTIVITY THREE: 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 BIG questions will help you set BIG goals, and the first job of a successful leader is to have a BIG idea of where you want to lead people.

1. WHAT’S THE SINGLE BIGGEST THING YOU CAN IMAGINE THAT WILL HELP YOU GROW OR TO CHANGE YOUR LIFE?

2. WHO DO YOU NEED TO AFFECT, INFLUENCE OR TAKE WITH YOU TO BE SUCCESSFUL?

3. WHAT PERCEPTIONS, HABITS OR BELIEFS DO YOU NEED TO BUILD, CHANGE OR REINFORCE TO REACH YOUR GOAL?