Student Hero 1-PAGERS

Character Traits

HELPFUL TIPS TO INCORPORATE 1-PAGERS AND ACTION WORDS

MONDAY

Before revealing the new HERO Action Word, ask the students how their HERO Action Word served others during the weekend.

Reveal the Hero Action Word. Create a HERO Board if you like.

TUESDAY

Discuss the questions from your 1-pager with your class (Front/Back of class time)

WEDNESDAY

Point out the benefits of the HERO Action Word you are covering that week.

THURSDAY

Cover the HERO Action Steps that will help develop HERO Habits.

FRIDAY

Review the HERO Action Word of the week, Remind class the significance of this HERO Habit. Encourage them to continue living into the HERO Action Word through the weekend. Let them know you are excited about the upcoming week where you will reveal the next week's HERO Action Word.



You may also want to provide notebooks for the students to create their HERO Growth Journal to spend 5 minutes each Friday writing in their HERO Actions from the week. They can track their growth over the course of the school year and practice writing at the same time.



It's very simple – wherever you find yourself today, be helpful! Be helpful in the classroom, cafeteria, playground, home, store and on the field during a game. Wherever you find yourself today, be helpful, that's what heroes do!



What is your favorite way to be helpful to others?

How can you be helpful at home?

How can you be helpful at school?

Do you enjoy being helpful to others?



- » Helping others lets them know you care for them.
- » Being helpful helps you grow as you serve others.
- » Helping others creates opportunities to build lasting friendships
- » Being helpful puts a smile on the faces of those you help.
- » Helping and serving others is fun.
- » When you help others, they will help you, too.

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 2 HEAR WITH EARS

Most people HEAR with their Ears only what they want to hear and miss what is being said by the person speaking. Thinking about how we will respond to the person speaking is a habit that prevents us from truly listening to the person speaking. Practice your listening skills by looking in the eyes of the person speaking or, at least, in their direction. Then, repeat back what you heard them saying. It's always good to double-check to make sure you hear and understand what is being said fully. **Hear with your ears, that is what heroes do!**



What did you hear today? Excitement? Frustration? Anger? Concern?

Were you asked to do something? What was it? Did you do it?

Did someone tell you their feelings? Did you listen to understand them better?

How important is listening to others?



- » Listening helps you understand better.
- » Listening lets others know you care about them.
- » Listening helps you ask questions to get the best answers.
- » Listening helps you get more done faster.

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
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To be honest is to tell the truth no matter what happens! When we tell the truth about ourselves, others can help us. When we tell the truth to others, we can help them. Telling the truth helps you gain respect with yourself and from others. **Be honest, that's what heroes do!**



Were you honest with yourself?

Were you honest with others?

If not, what kept you from being honest?

Other thoughts :



- » You don't have to make up stories to hide the truth.
- » You will respect yourself more.
- » You will gain respect from others faster.

- » What HERO action did you take today?
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Character Trait 4

Being humble isn't thinking less of yourself – it is thinking of yourself less. When the needs of others are ahead of your own needs, you build others up instead of building yourself up! **Practice being** humble, that is what heroes do!



How can you put the needs of others ahead of your own?

What can you say to others to build them up?

What happens when you have an attitude of giving?

What happens when you have an attitude of getting?



- » You become more helpful.
- » You open the door to better relationships.
- » You are a better leader.
- » You get good at being YOU!

- » What HERO action did you take today?
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Character Trait 5 **HUMOR**

Everybody loves to laugh! Humor has a way of improving a person's day or putting a smile on a sad person's face. Humor helps others know that everything is going to be okay and that you will be there for them all the way. **Use your humor to make someone happy, that is what heroes do!**



Do you know a good joke?

What can you do to put a smile on someone's face?

How can humor make someone's day better?

Who is the funniest person you know? What makes them so funny?



- » Laughing is good for your health. It's good medicine.
- » Laughing reduces stress and makes you more relaxed.
- » Laughter is contagious!
- » Laughter breaks down walls. It's welcoming to others.

- » What HERO action did you take today?
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Character Trait 6

To hustle means to pick up the pace, get there before the rest do, and finish what you start in a timely manner. When you have something to get done, do it in a timely manner. If someone needs your help, hustle and help them out. **Hustle – it is how heroes get things done. That is what heroes do.**



How can you help others finish what they started?

Did you finish what you started in a timely manner?

Do you need any help finishing what you started?

Have you ever finished what you started and had time left over? What did you do with the extra time?



- » You finish what you start.
- » You can get more done than others.
- » You can go further faster in whatever you are doing.

- » What HERO action did you take today?
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Character Trait 7 HONORABLE

There are some people that are hard to respect, let alone be around. It's because they lack honor. When you say to someone, "It's an honor to meet you", it is because they have built a reputation that deserves respect. It is never expected, but is deserved because of who they are, not who they hope to be one day.



Who do you know that is honorable? Deserving of respect?

Reputation is what others see on the outside, based on your character growth on the inside. Is what is going on inside helping others see on the outside what you want them to see?

Is who you are on the inside showing on the outside? Is it deserving of respect?

How can you make your reputation even better?



- » Easily respected
- » It is always an honor to meet you
- » You are a joy to be around
- » Others speak well of you (even when you are not around)

- » What HERO action did you take today?
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Character Trait 8 **HARMONIZE**

When a bunch of people try to sing, but can't carry a tune, they just create noise. But, When the same people are unified and sing in the same key, a song is sung and a beautiful sound is made. That is true in music and in life! When we are unified, on the same page or in the same key, great things can happen! Great music can be made!



If we all sing a different song at the same time, what would that sound like? Let's try it.

If we all sang the same song at the same time, would it sound any better? Let's try that.

How much better would it be if we were unified, got in the same key or on the same page with a task or project? We would be harmonizing!



- » Everyone works better together and makes great progress
- » We sound better together when we are singing the in the same key.
- » Noise is reduced and music is made.

- » What HERO action did you take today?
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Character Trait 9 HOSPITABLE

What would happen if you were invited to a party and not offered any cake? What if you showed up for dinner but there is nothing to eat because someone ate it all? That's not hospitable! That's pitiful! Being hospitable means you are inviting and are generous with what you have. Be inviting with your friendship, be generous with your stuff. When we are hospitable, we are letting others know – "Come on in", there is room for everyone and plenty to go around.



How have you been hospitable or inviting to others?

Who do you know that is a great host of a party?

What did the host do to make you feel welcomed?

When is a good time to be a good host? To be inviting?

If I came to your party, would I feel invited? Why or Why not?



- » People know you are welcoming
- » People don't get left out
- » Sharing what you have will give you more in return

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Character Trait 10 EDUCATE

We grow when we learn. Every day is a new opportunity to learn something you did not know in your classroom. You can also learn something you did not know about your classmates or your teacher. What are their favorite things to do, things to eat, places to go? **Make the most of this day, every day to learn as much as you can. That is what heroes do.**



What did you learn in your class?

Did you learn something new about a classmate?

Did you learn something new about your teacher?

Did you learn something new about yourself?



- » Learning helps stretch your mind.
- » Learning about others helps you know them better.
- » Learning about yourself helps you grow beyond your wildest dreams.

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Character Trait 11 EMPROVER

It is always great to know someone believes in you. It just makes you feel good! Have you ever thought, "No, I can't", but somebody told you, "Yes, you can!"? Those words filled you full of power! Be somebody's hero and let them know you believe in them, that you know they can do it, and that they have what it takes to complete the task. Believing in others empowers them to do and be more. **Let somebody know you believe in them, starting now! That is what heroes do.**



Did you tell somebody that you believe in them?

When you told a classmate, "I know you can do it", how do you think it made them feel?

How does it make you feel when someone believes in you?

Other thoughts :



- » You build confidence in others
- » Telling someone they can be great gives them the confidence to be great
- » You create a positive environment where others can live into their potential

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Character Trait 12 ENCOURAGE

Encouragement is needed every day in every way. We can encourage others by writing them a note that lifts their spirit and makes them smile. We can encourage others with our words by pointing out something positive we see in them. We can encourage others through our actions by lending a helping hand. **Encourage those around you, because that is what heroes do.**



Who did you encourage today (this week)?

How did you encourage them?

What is something you can do to encourage others every day?

Other thoughts :



- » Encouraging others helps them know you care for them.
- » Encouraging others helps them know you like them.
- » Encouraging others helps them know you can be trusted.
- » Encouraging others helps everyone be more positive minded.

- » What HERO action did you take today?
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Character Trait 13 ENLARGE

To enlarge someone simply means to help them feel bigger than they are. It is inflating someone's spirit when they appear to be deflated. When a balloon is inflated with helium, it has the potential to soar beyond the clouds. When you enlarge others, you help them see their potential to soar. **Help others feel bigger than they are by enlarging, or inflating their spirit. That is what heroes do.**



How did you make someone feel bigger than they are?

How can you tell that someone needs their spirit lifted?

What is the greatest way to enlarge others, or lift their spirit?

Other thoughts :



- » Helps others feel bigger than they are.
- » Helps others see their potential to soar higher than they thought possible.
- » It gives a person energy to be better than they have ever been.

- » What HERO action did you take today?
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Character Trait 14

Equipping others with what they need to succeed is simple – ask the question, 'what can I give to you in order to make your day the greatest day ever'? It can be as simple as equipping someone with a pencil or as meaningful as equipping someone with a friendship. Whether you are in your classroom or your living room, look for ways to equip others with what they need to succeed. That is what Heroes do.



Can you name one way to equip others with what they need to succeed?

What did you do to equip others with what they needed to be successful today?

How have you been equipped with what you need to succeed?

What can others do to better equip you to succeed?



- » When you are equipped with the tools you need to succeed, you don't have to make up excuses.

- » What HERO action did you take today?
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Character Trait 15 EXPERIENTIAL

Heroes are experiential, that is why they are never bored! The greatest inventions started with an experiment of learning something new or trying something different. Be experiential and learn something new about yourself and your classmates. Try something different! You may discover that what appeared to be impossible to do may have not been that difficult after all. **Be experiential and stretch yourself, that is what Heroes do!**



What is the greatest invention ever?

How many experiments did it take before it worked?

What did you discover by trying something different?

How important is it to keep trying? Does trying help stretch you and make you better?



- » Discover new talent, skills and abilities.
- » Understand that mistakes (or, experiments) make us masters in life if we keep trying.
- » Learning something new helps us be better than yesterday's best.

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Character Trait 16 RELIANT

When you are reliable you are letting others know that you can be counted on to follow through. In other words, you can be trusted to do what you said you would do. **Heroes can be counted on to follow through. Do you know why?** That is what Heroes do!



Do others know they can trust you to follow through? Or, do what you say you are going to do?

Who is a reliable person that you count on to follow through?

How important is it to do what you say you are going to do?

What can you do to be even more reliable?



- » Trust is built each time you follow through and do what you said you would do.
- » Others will know that you can be counted on consistently.
- » You can rest at night knowing you are a person of your word.

- » What HERO action did you take today?
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Character Trait 17 **RESILENT**

Being a resilient person means that quitting is not an option for you. You understand that sometimes you win, sometimes you learn how to do it better the next time. A resilient person keeps trying after everyone else has quit and because they know that every TRY gets them a little bit closer to the finish line. A resilient person doesn't get distracted by little things or little people. **They keep their eyes focused on the finish line. That is what Heroes do!**



Have you ever wanted to quit, but you didn't? What did you learn about yourself?

What do you think the phrase, 'Sometimes you win, and sometimes you learn' means?

How hard is it to never give up? Who helps you keep moving forward?

Who have you encouraged to never give up?



- » You finish what you started.
- » As you learn through it, you get better because of it.
- » Little things and negative comments won't get you down.
 Instead, you get bigger and better.

- » What HERO action did you take today?
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Character Trait 18 **RESPECT**

It is true that a person reaps what they sow. Most people want to be respected before they show respect for others. Not Heroes! Heroes know that in order to be respected, we must be respectful! Be respectful to your teachers, classmates, teammates, parents, brothers and sisters. **To gain respect, we must first show respect! That is what Heroes do!**



What are some ways you can show respect to others?

What makes being respectful of others so difficult to do?

Who has shown you a little R-E-S-P-E-C-T? Were you respectful in return?

Other thoughts :



- » When you give respect to others, you gain respect from others.
- » A positive culture is created where others feel valued.
- » Being respected for who you are prevents us from feeling like we have to be something we are not.

- » What HERO action did you take today?
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Character Trait 19 **RESPONSIBLE**

You are in charge of you! Being responsible brings out the best in you. When you know that something needs to be done, be responsible and do it now. Homework – do it now! Picking up after yourself – do it now. Someone needs help – do it now. The key to responsibility is to prioritize what needs to be done first and last. DO IT NOW. Don't put it off. **Take responsibility and be in charge of YOU! That is what Heroes do!**



Have you ever had to be told to clean your room? Do you see the problem? It's your room and that means it's your responsibility to keep it looking sharp, not your mom's. That goes for your homework, too.

Because you are in charge of you, what advice would you tell YOU to help you be more responsible?



- » When you are responsible, you get to be in charge of you.
- » Instead of putting things off, you get things done.
- » It has been said, if you work hard now, you can play hard later. Being responsible helps you prioritize your day and keep you on track. Being responsible gets rewarded with free time!
- » You make better use of your time.

- » What HERO action did you take today?
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Character Trait 20 **REPEATABLE**

A habit is something you do without having to think about it, like brushing your teeth or talking and walking. Learning good habits takes practice, but good habits are worth repeating. When we spend time building good habits we get better, every single time. **Make your day the BEST ever by building good, repeatable habits. You will be glad you did. That is what Heroes do!**



What good habits do you already have that are worth repeating daily?

What good habits would you like to have?

Are there any bad habits that you need to break?

Other thoughts :



- » You get better at something with practice, practice, practice.
- » You become consistent to the point of not having to think about it
- » You can be creative in making your new habit even better.
- » Once you develop one good habit, you can keep adding good habits to make the most of your day, every day.

- » What HERO action did you take today?
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Character Trait 21 RISK

Taking a risk can be scary, at first. But, if we don't take risks in life, we miss the opportunities that life has to offer us. I want to encourage you to take a risk and do something you have never done, explore the possibilities of pushing yourself out of your comfort zone to discover skills and gifts you did not know you had. You have it in you. **All you have to do is take a risk. That is what Heroes do!**



What is the scariest thing you have ever done? Was it fun after you decided to do it?

What is something you discovered about yourself after taking a risk?

Is there something you would like to do but lack the courage to take the risk? Big or small, what is it?

When you have taken a risk and done something you've never done, did you discover how easy it was to do after all? *(Example: swimming, singing, speaking in front of a crowd...)*



- » There will be no limits to what you can do.
- » Rock-solid self-confidence
- » Possibilities will be waiting for you around every corner.
- » Once you have faced one fear, you will have the courage to face them all.

- » What HERO action did you take today?
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Character Trait 22

If we were to compete in a foot race, would you be ready? "On your mark, get set, ready to go"? I want to encourage you to be ready for anything at any time. Whatever race you are in, be ready before the starter says, GO! On your mark, get set, is it time to go yet? Because I am a HERO and I am always READY!



What are you getting ready for?

Has someone ever snuck up on you and you were not ready? What happened?

In a race, what is the difference-maker for the winner? Is it because they took the time to get ready before the race took place?

What do you need to do to get ready for a test? Prepare to be ready!



- » Always ready at a moment's notice
- » Up to any challenge that comes your way
- » Being prepared means you are always ready!

- » What HERO action did you take today?
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Character Trait 23

There is a difference in what I want and what I need. I might want the whole pizza, but it would be better to share with you. If I am willing to share everybody wins. Let's be reasonable and know there is enough to go around for everyone. Being reasonable means I am willing to compromise where I can. It means we meet in the middle and come to an agreement.



Have you ever had to go last?

Do you ever feel like you are going to miss out?

Have you ever missed out by sharing?



- » You get along with others better
- » Your willingness to share inspires others to do the same
- » Everybody wins

- » What HERO action did you take today?
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Character Trait 24

To be radical is to be determined and immoveable from the inside out. It means you stand for something you deeply believe in and will not be moved. You have made your mind up and that's that! Let's all get RADICAL about treating others the way we want to be treated. That's RADICAL!!



When you believe in something strong enough, do you take a stand?

What does this mean - If you don't stand for something, you will fall for anything?

Can we get radical about treating others the way we want to be treated?



- » Immoveable from the inside out. You stand for something
- » You have made your mind up ahead of time- made the decision before you had to make the decision.
- » The choices you make, make you and impact those around you

- » What HERO action did you take today?
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Character Trait 25 OBSERVATION= OPPORTUNITY

Observation equals Opportunity! Opportunities to serve and add value to others are all around. When we look and listen to the needs of those around you, opportunities will be presented to you. **Be alert and take every opportunity you can to serve others. That is what Heroes do!**



What did you hear today that presented an opportunity to serve others?

What did you see today that presented an opportunity to serve others?

How does meeting the needs of others make you feel?

Is there something you would like to do to serve others? Be creative and do it!



- » Serving others helps you feel good about yourself.
- » Serving others replaces problems with purpose.
- » Serving others changes the world we live in.
- » Serving others is contagious!

- » What HERO action did you take today?
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Character Trait 26

There is more than one way to get something done. We tend to think that our way is the best way to get something done, even if we have to work harder and longer at it. Other people may have another way to do the exact same thing, only it takes less effort and time to get it done. Your way may, in fact, be the best way to get things done. Remember that your way is not the only way. Be open to the ideas of others, you just might discover a better, easier way to getting stuff done. **Oh, and yes, there is one more challenge – be open to new friendships. Your best friend in the world may be someone you have not met yet. That is what Heroes do!**



Did you discover a new way to get stuff done today?

Did someone share a great idea with you today? Did you share a great idea with them?

How can you get your work done easier and faster? Think about it! There is always a better way if we are open to it.

Were you open to new friendships today? How many new friends did you make?



- » You get to discover new ways to do things.
- » You can make a lot of friends when you are a friend.
- » Being open to new ideas provides you with a lot of opportunities.

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Character Trait 27 OPTIMISTIC

The world is full of problems. That is a no brainer! With every problem there is a solution! When you discover the solution to a problem you are facing, share it with others. If you are struggling with a problem and cannot seem to find a solution, ask someone to help you in solving the problem. From our homework, classmates, friends and family that present us with problems, there are always solutions. **Be a person who is always looking for solutions and you will find them. That is what Heroes do!**



What is the biggest problem you face on a daily basis?

Have you discovered a solution to your problem? What is it?

Have you asked others to help you find a solution? Whom did you ask?

What solutions did you discover that you could share with others?



- » Every problem has a solution
- » People will help us find solutions to our problems when we have the courage to ask
- » Looking for solutions helps us see the best in every situation
- » You will discover there are more solutions than there are problems

- » What HERO action did you take today?
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Character Trait 28 ORIGINAL

You were made to be YOU, not somebody else. You have gifts and abilities that no one else has. You do things differently than everybody else. You go about life in ways nobody else does. You are unique, a one of a kind! That is exactly what you were made to be – an ORIGINAL One-of-a-Kind YOU! **The best person to be YOU is YOU! Be the BEST YOU that YOU can be!**



What do you think being original or being yourself means?

Have you ever tried to be somebody you are not? How did that work out?

How can you be the best you that you can be?

What are some ways we can encourage you to be YOU and not someone you are not?



- » You are the only one who can be YOU!
- » You are a one-of-a-kind original. Let the world experience YOU!
- » You are uniquely and wonderfully made.
- » You have the freedom to BE! It is less work than trying to be someone else.

- » What HERO action did you take today?
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Character Trait 29 ORGANIZED

Are you a person that has everything strung out all over the place or do you have it all together? We all have a lot to do – we are busy! So, how do we get everything that needs to be done – done? We prioritize! Organize! It's as easy as 1,2,3 – Priority! What do I need to do first? What can I do last? If I have a checklist, I can make a checkmark after each task on my list is completed! When we prioritize and are organized, we get things done!



What are some of your top priorities? What needs to get done before the day is over?

Do you do the hardest thing first, or do you do what is most fun first?

How do you feel when you complete a project, task or assignment?



- » Creating a checklist helps you achieve what you need to accomplish.
- » You build confidence in your ability to get things done
- » You are better able to prioritize when you organize

- » What HERO action did you take today?
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- » Can you make this Hero Action an everyday habit?

Character Trait 30 OWNERSHIP

When I look in the mirror, I think, "I own this!" I am responsible for making me the proud owner of me. I always want to be the best I can be. That means when I mess up, I fess up and then get back up! It means, I won't fix the blame on someone else, I will find a solution to better myself. I want to be the proud owner of who I am becoming. Ownership is key to being the proud owner of ME!



Have you ever been the proud owner of something new? How did you take care of it?

Have you ever made a mistake? How did you own it?

You are the proud owner of YOU. How do you take care of you?

What do you do that makes you the proud owner of you?



- » You are the only one who can be YOU!
- » The world gets to experience YOU!!
- » You are uniquely and wonderfully made.
- » You have the freedom to BE! It is less work than trying to be someone else.

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 31 EAGER

I can't wait...for the party! For the pizza to get here! For Christmas to come! For recess! That's eager, isn't it! I want to challenge you to look at your growth the same way. I can't wait to learn more! To get better at a subject! To take the test! Whaaaat? To be eager is to anticipate what is coming! So, while you wait in anticipation, do some preparation in the meantime. Then, you will better know what to do with what is coming! Be prepared for what is coming!



Have you ever had someone or something take you by surprise? What was the result?

Have you ever prepared for what you knew was coming? How did that turn out?

What can you get better at with a little preparation? I Can't Wait To See It (A Teacher's Response)



- » Anticipation + Preparation = Celebration
- » When you get better, everything gets better
- » What was hard at first gets easier over time

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 32 EMPATHY

Saying, "Get a life! Deal with it!" is not being very sensitive or understanding to the needs of those around you. Rather, "I get it" or "I know how you feel" helps us connect better with those around us. Empathy helps us connect! If someone is happy, be happy with them. If someone is sad, be sad with them. Empathy means you know how to meet them where they are.



How can we better understand the needs of those around us?

Can you sense when something is not right with someone?

What is something we can do to show we understand the needs of those around us?

Can you describe a time that showing empathy helped you connect better with someone?



- » Helps you connect better with others.
- » People will know you "get them" and understand where they are coming from.
- » You become more aware of opportunities to serve others

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 33 EXTRAORDINARY

Most people do what is required or expected of them and that is it! That's ordinary! What makes the ordinary "extraordinary"? You do what is required, AND THEN SOME! Doing what is required gets you up to speed, but going beyond what is required keeps you ahead in the race. Be Extra-Ordinary! Do what is required, AND THEN SOME!



Do you ever feel like you are getting behind? Or, that you can never get caught up?

Do you understand the power of 5 more minutes? 5 more minutes can put you 5 more steps ahead of everyone else.

How far could you go if you did what was required, and then some?

Can you do more than you are currently doing? I bet you can!



- » Keeps you ahead of the pack.
- » Shows you that you got more in you than you realized
- » Builds confidence each time you dig a little deeper

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 34 **STRONG**

Are you afraid of something? What about the dark? Instead of being fearful of the dark, why don't you just 'flip the switch' and turn the lights on? I want to encourage you to not be fearful of the dark or of life. Don't let fear keep you in the dark, 'Flip The Switch'! Turn the power on in YOU! You are STRONG, I have no doubt! When a challenge comes your way – FLIP THE SWITCH – turn on the power in YOU!



What are you afraid of?

What can you do to overcome that fear? How can we help?

What stands in the way of you flipping the switch?

When you flip the switch - turn the power on - what changes will take place for you?



- » You will discover there is more to you than you thought
- » When you turn on the power and conquer one fear, you can then conquer all fears!
- » You are ready to take on what is next without worry or doubt

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 35 **SINCERE**

To let others know you truly care for them is a big deal, for real! It's really true – "People don't care how much you know until they know how much you care". I want to encourage you to be "For REAL" when you compliment others, express concern for others or lend a helping hand. Mean what you say and say what you mean flavored with sincerity. Be sincere, FOR REAL, that's the DEAL!



How can you show others you truly care for them?

Have you ever felt like no one cared for you?

Can you think of someone who needs to know you care about them?

When are you going to tell them?



- » People know you really do care
- » People can be real around you
- » People will be comfortable sharing their hearts with you

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 36

To speak or not to speak, that is the question! Have you ever said something you wish you could take back? Have you ever not said something but wish you had? If we are wise, we will think twice before we speak. Did you know that sometimes being silent speaks louder than words? Be wise! Think before you speak!



Do you think about what you want to say before you say it?

Have you ever said something you wish you could take back?

What do you think this means - Think twice before you speak?

How can you say what you want to say without using words?



- » You become more thoughtful when you speak. You sound like you have thought it through.
- » People will take you more serious when you open your mouth.
- » You will discover ways to communicate without words.

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?