

Chapter 1: Identifying Core Values and Beliefs

- Interested in exploring your core values list in more depth? Read this article from College Flight Plan! Learn to be introspective and determine what motivates you when making important decisions in your leadership. Your core values and beliefs will guide you everywhere you go on your leadership journey!

Langston, G. (n.d.). Help Your Teen Determine Their Core Values List. Retrieved August 29, 2023, from:

<https://collegeflightplan.com/help-your-teen-determine-their-core-values-list/>

- What are the pitfalls that might creep up when identifying your core values and beliefs? Would you like a list of potential values and a worksheet to get you started? If so, this website is for you! Check it out: easy-to-read content, a worksheet that can easily be copied to Google Drive, and a brief video all about discovering your true leadership identity!

<https://teenheroicjourney.org/book/3-core-challenges/forming-an-identity/your-identity-puzzle/your-values/>

- *Therapist Aid* provides several resources for identifying values during adolescence. Options on this page include:

- Who Am I? Identity Exploration Exercise
- Personal Values: Circles of Influence
- Values Discussion Cards
- Values Discussion Questions
- Exploring Values

<https://www.therapistaid.com/therapy-worksheets/values/adolescents>

Chapter 2: Emotional Intelligence

[Common Sense](#) is a website that provides reviews and ratings for various applications. Here is a list of apps that promote the development of emotional intelligence rated and suitable for teens.

- **Calm.** Calm is an app that's good for grounding and incorporating peace into your daily life. Narrations and graphics claim to enhance the meditative experience. If you're a novice meditator, this app may be perfect for you!

<https://www.commonsense.org/education/reviews/calm>

- **Insight Timer.** Similar to Calm, this is like a meditation app on steroids. You can find a plethora of guided meditations from a robust social community that feels like a safe, friendly space. If you are looking to build life-long habits for reflection, relaxation, and focus, this app may be the one! <https://www.commonsense.org/education/reviews/insight-timer>
- **The Mood Meter.** Mood Meter is an app that allows teens to reflect on and manage their emotions. This app comes with an intricate emotion grid, and the reports reveal surprisingly

deep insights, per the website. <https://www.common sense.org/education/reviews/the-mood-meter>

- **Mitra.** Looking for additional support tracking your emotions and values? Mitra is here for you! Track your data daily with customizable, uncomplicated graphs. <https://www.common sense.org/education/reviews/mitra>

Chapter 3: Confidence as a Leader

Developing confidence as a teen can be difficult. Cultivating confidence is sometimes a daily activity in the lives of teens. Feeling insecure? These resources can help:

- **Teenage Therapy.** Looking for a podcast to listen to while you get ready or on the way to school? Teen Therapy might just be the one! Five stressed-out, sleep-deprived, but energetic teens talk about the struggles of being a teenager, tackling everything from how to be happy to how social media influences our friendships and our lives. <https://open.spotify.com/show/1xxFg2YQABYj5YbwPkG2rP>
- **Combating Negative Beliefs.** Begin by writing down three negative beliefs you hold about yourself. Then, take your list to a trusted adult (perhaps a parent or a teacher at school). Ask them to comment on each of the negative beliefs. By reflecting on our negative beliefs in this way, we can change them into empowering beliefs over time. Conduct this exercise regularly when you're struggling with self-confidence.
- **Open When Letters.** Open when letters are a great way to learn how to talk to your future self. This activity takes part in two phases:
 - Phase 1: Write a list of future goals. Under each goal, identify one to two challenges you may encounter on your way to accomplishing that goal.
 - Phase 2: Write two different "open when" letters. The first letter is written to your future self when you first experience one of the anticipated setbacks from Phase 1. The second letter is to your future self when you accomplish your goals. The format of this activity could look like this:

Goal: To get into my dream college on a full-ride scholarship
Potential Challenge: Maintaining straight A's all through senior year while balancing work and playing volleyball

Letter #1:

Dear Future Sam:

If you're reading this, you're struggling to maintain straight A's throughout senior year. First, I want you to know that you're dealing with a lot. It isn't easy to keep up with your academics while working several nights a week and playing

volleyball. That schedule is a lot for anyone to handle.

Remember that you know how to manage your time. If you have gotten yourself into a rough place, sit down and make a list of all your current priorities and to-dos. Then, put them on a schedule. You already know how to do this, but this is a simple activity that can easily be overlooked when you become overwhelmed. Use your calendar as a checklist. It will help you create positive momentum toward your goals.

Also, don't forget to chunk large tasks! You were using that tomato technique and really accomplishing some things earlier this year. Don't be afraid to pull out old tricks. They worked for you in the past. Use them!

You've got this. Remember, you are an amazing student, a great employee, and a valuable contributor to the team!

Love,
Former Sam

Letter #2

Dear Future Sam:

If you are reading this, congratulations! You've gotten into the college of your dreams! And better yet: you get to go for FREE! I know that, at times, it seemed like this moment would never arrive. And yet, here it is! Here you are!

I am so proud of your ability to persevere through all of life's obstacles. Despite challenging classes and a difficult schedule, you met every deadline you were up against, you stayed engaged as an employee, and you effectively contributed to your team. You learned a lot about yourself along the way, which will only help you in your future journey as you move into your new dorm next fall.

You did, it Sam. I couldn't be prouder of the human and the leader you have become. Now, go celebrate. You deserve it!

Love,
Former Sam

Chapter 4: Communication

Therapist Aid also provides several resources for teens looking to improve their communication skills.

Skills on this page include:

- How to apologize
- Active listening
- Assertive communication
- Using I statements

<https://www.therapistaid.com/therapy-worksheets/communication/adolescents>

If you are looking for games to improve communication within a group you lead, you can find a list of activities on this website below. These games allow teams to build conversation skills, establish listening and speaking protocols, improve conversation skills, and more.

<https://futuraumcareers.com/ten-simple-games-to-improve-your-communication-skills>

Chapter 5: Overcoming Common Leadership Obstacles

Anxiety, fear, and self-doubt can be difficult emotions to manage as a teen leader. If you're struggling to manage stress or anxiety in this way, consider the following resources to provide not only additional information regarding teen stress, but strategies to continue to mitigate its impact in your life.

- *The American Academy of Child and Adolescent Psychiatry* provides a great resource that identifies potential sources of stress for teens as well as a list of coping mechanisms.
https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Helping-Teenagers-With-Stress-066.aspx
- *Me and My Emotions* is a program that supports teens' social-emotional learning, or SEL. The website consists of bite-sized lessons that help teens slow down, connect with themselves, and develop strategies for coping with life's challenges. This site is recommended for adolescents 13 and up.
<https://meandmyemotions.org/>
- *CBT Psychology* provides an article with helpful links for teens struggling with social anxiety. This website contains a lot of information regarding childhood anxiety and includes a list of additional resources and human connections for teens and families seeking additional support.
<https://cbtpsychology.com/7-tips-teens-with-social-anxiety/>

Chapter 6: Goals

Setting goals for the first time can be a challenging endeavor, especially if we want to make sure they're SMART. The following websites provide templates and formats for goal-setting that are proven effective for teens.

- *National Junior Honor Society* provides a list of resources for goal-setting, including short videos and animations and a SMART goals worksheet. Additional books and websites are also mentioned for teens interested in learning more about the goal-setting process.

<https://www.njhs.us/students/futuready/goal-setting/>

- *The Boys and Girls Club of America* provides information about the importance of goal-setting, as well as examples of various SMART goals that teens might set. This article is useful for parents and teens who are embarking on the early journey of goal-setting together.

<https://www.bgca.org/news-stories/2022/January/the-importance-of-goal-setting-for-teen>

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- *Positive Psychology* provides a list of 42 different goal-setting activities for families and students of all ages. There are collaborative activities, such as creating a family vision board and independent activities that foster individual accountability.

https://positivepsychology.com/goal-setting-students-kids/#google_vignette

Chapter 7: How to Create a Team

Focusing on team-building can be difficult as a teen. Leadership roles are new and emerging, and it can take a while for teams to get on the same page. This list of resources provides ideas for games and activities that can help cultivate trust and foster collaboration within young teams.

- *Everything Mom* provides a comprehensive overview of why team-building matters and follows with a list of 11 activities teens can engage in to foster collaboration and trust. Explanations and templates for each activity are provided.

<https://www.everythingmom.com/parenting/tweens-and-teens/team-building-activities-teens>

- *Develop Good Habits* provides a list of over 20 activities for teens to build camaraderie among their teams. Steps are provided, and the website includes the importance of goal-setting in a collaborative manner.

<https://www.developgoodhabits.com/team-building-activities-teens/>

- *Venture Team Building* provides a list of team-building activities that cultivate leadership and other pertinent communication and collaboration skills. Recommended group sizes, time frames, and explanations for each activity are included in this comprehensive team-building guide.

<https://ventureteambuilding.co.uk/team-building-activities/>

Chapter 8: Time Management for Teens

Developing a time management system that works for you can be a challenge. Everyone ticks a little differently in this regard! Here is a list of helpful sites that take on the time management challenge from various perspectives.

Written for teens diagnosed with ADHD, this article provides strategies for identifying our wants and needs in our schedules, as well as potential barriers to time management success and how to overcome them.

<https://www.additudemag.com/time-management-for-teens/>

- *National Junior Honor Society* provides a list of visuals, videos, and additional websites to support teens on their time management journeys.
<https://www.nationalhonorsociety.org/students/futuready/time-management/>
- *The Personal Excellence Foundation* lists six time management tips for teens, including links to additional articles, videos, and tools.
<https://personalexcellence.org/raising-worldchangers-blog/6-time-management-tips-for-teens>

Chapter 9: Handling Criticism

Accepting criticism and constructive feedback is a life skill everyone needs. These resources provide additional tips and tricks for learning how to accept criticism and utilize it as a tool for personal growth:

- This article from *Boys Town* provides a simple, four-step process for accepting criticism and is less than a few minutes to read.
<https://www.boystown.org/parenting/article/Pages/accepting-criticism-a-life-skill-0.aspx#:~:text=Try%20to%20correct%20the%20problem.&text=Being%20able%20to%20accept%20criticism,criticism%20may%20really%20help%20you!>
- If you're struggling with mental health, additional criticism can seem particularly overwhelming. This article breaks down how to handle criticism when you're overly sensitive to feedback and struggling with your mental health.
<https://www.youthemployment.org.uk/criticism-at-work-with-mental-health-struggles/>
- This article discusses unhealthy responses to criticism and how to create a more balanced approach when feedback is necessary.
<https://www.skylandtrail.org/using-cbt-skills-to-handle-criticism/>

Chapter 10: Resolving Conflict

Conflict Resolution is a skill that takes time and practice to develop. Here is a list of resources that can help facilitate the process:

- *The Big Book of Conflict Resolution Games* is an amazing resource that helps you understand conflict and improve important skills such as trust, communication, and collaboration. Each game is broken down into explanations that pack this booklet full of over 200 pages of information.
<https://s3.wp.wsu.edu/uploads/sites/2070/2016/08/The-big-book-of-Conflict-Resolution-Games.pdf>