

# Self Leadership

GRADES  
6-12

Lab 1  
**Believe  
in You**

Dream Leader® Lab

# Teacher Preparation

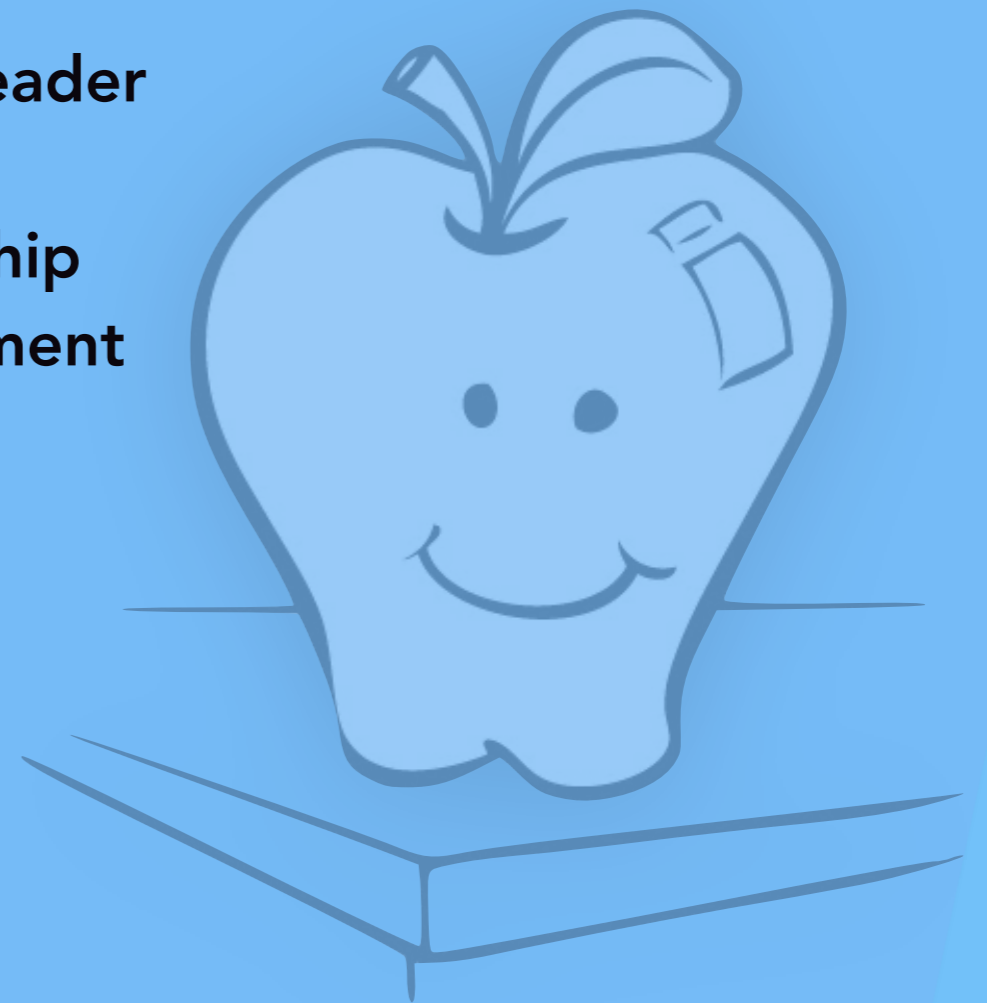
**Dream Leader® Lab: Be Your Own Dream Leader**

**Students learn and practice 12 Self Leadership Actions to increase aspirations and achievement in school and life.**

- 12 learning labs
- Use labs in any order
- 35-40 minutes per lab

**Additional Resources: [dreamleaderlab.com](http://dreamleaderlab.com)**

***"When a student has dreams for the future and is actively working towards them, she's in the 'aspirational zone.' And in that state, student achievement increases."***

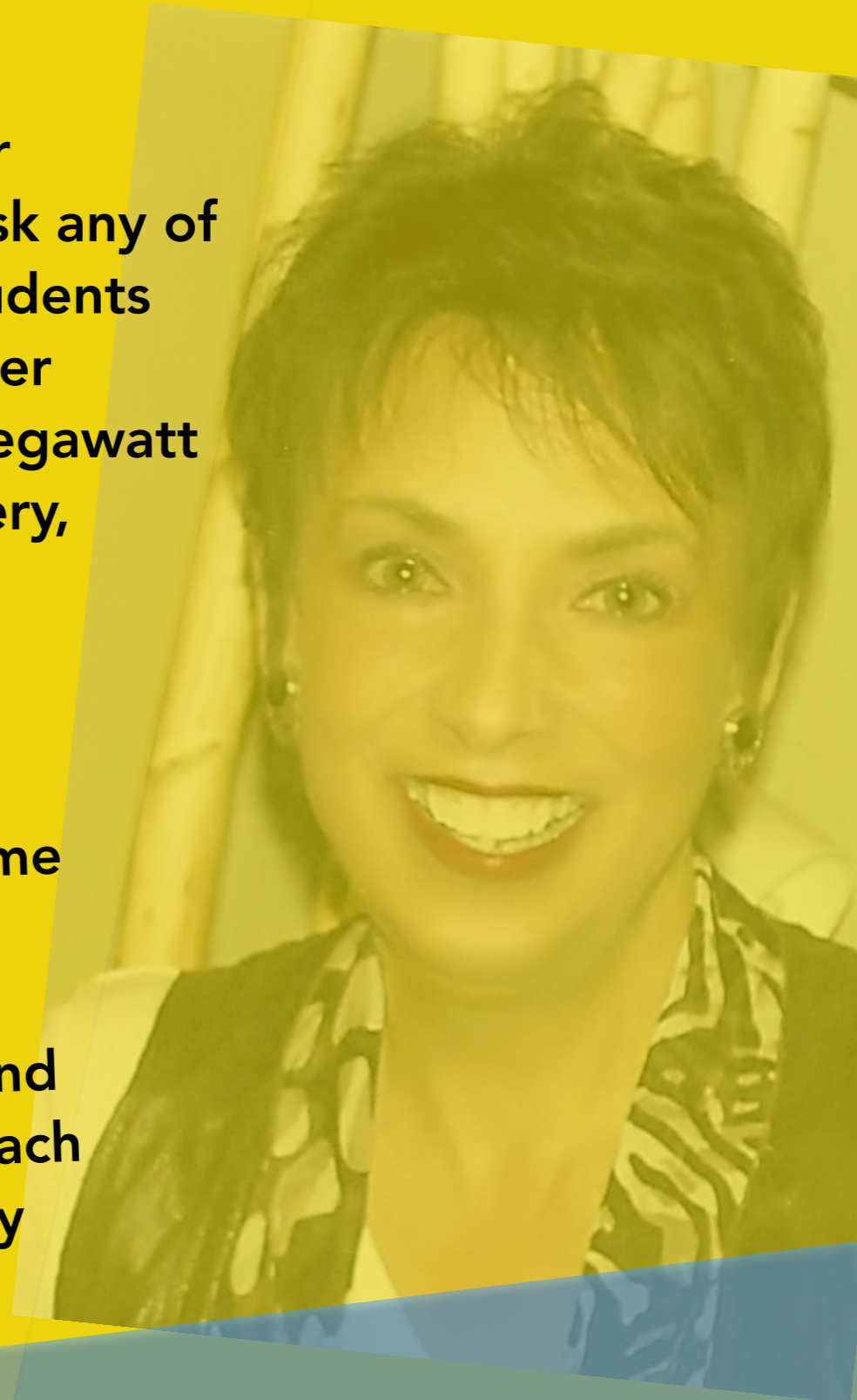


# About The Authors



< Sue Baechler is a "Dream" Game Designer. She's the founder of Originaliti Media that makes learning fun. Her games, apps and books are used worldwide to teach skills and concepts in delightfully productive ways.

> Shirley Ball is a 25-year "Dream" Teacher. Just ask any of her former 6th grade students whose futures are brighter because of Mrs. Ball's megawatt passion, creativity, mastery, and . . . funny bone.



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# Essential Question

How can you be your own dream leader and turn your interests and dreams into your life?



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# Lab 1

# Objectives

In *Dream Leader Lab 1*, you'll practice 12 Self Leadership Actions that help you turn your interests and dreams into your life, and you'll focus on the action **Believe in You**, so you can:

- Do more of what makes you happy
- Stay positive about your future
- Actively believe in yourself

> Dream Leader Wing Lam (Lab 11) messed up to get to success.

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# Lab 1

# Let's get started

How much do you know about the 12 Self Leadership Actions that give you the power to turn your interests and dreams into your life?

Find out next.



## **Self Leadership Action**

Believe in you

Discover your dreams and interests

Try out and change dreams

Make and achieve dream goals

Team up to make dreams possible

Communicate directly

Be kind *and* cool

Change how you think

Build yourself up

Get past fears and keep faith

Mess up to get to success

Lead your dreams for life

## **How Action Powers Your Dreams**

Connects you to allies and adult role models

Enables honest expression of your feelings

Motivates you to make progress on your dreams

Humbles you to learn from mistakes and move on

Boosts your self compassion and expectations

Guides you to a positive future

Pushes you to find your passions

Inspires you to trust yourself and your abilities

Opens your mind to new perspectives

Lets you experiment and be flexible

Challenges you to be courageous and optimistic

Lets you care about others *and* be true to yourself

**Correct Matches: Review how many Self Leadership Actions you already knew and how many matches you figured out.**

### **Self Leadership Action**

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### **How Action Powers Your Dreams**

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Guides you to a positive future



## Reflect and Self Assess

Use the Drawing Tool to rate your current understanding of the 12 Self Leadership Actions

- Knew none
- Knew some
- Knew most or all



# Action Believe in You

Use *Pair Share* to discuss what this statement means to you. >



Answer this question:

What does "Look in the mirror, that's your competition"  
have to do with believing in yourself?



# Video!

# Let's watch

Watch the video on the next screen to hear what Jordan Harbinger of *The Art of Charm* has to say about believing in yourself.

Start: 0.00 Stop: 2.10



Use *Pair Share* to discuss Jordan Harbinger's message.

Some of Jordan's thoughts and questions:

What you believe about you matters way more than what others believe about you.

Sometimes you believe what others think about you whether it's true or not. *What do you believe about yourself?*

Sometimes you hear other's voices and opinions about who you are or what you're doing. *What is the voice inside of you saying?*

*What do you think of yourself?*

Explain why you agree or disagree with the following thought:

**Believing in yourself is absolutely necessary to living the life you want.**



Explain and/or illustrate your response to this question.

**What are the obstacles you face in believing in yourself?**





# Action Believe in You

Sometimes *fear* or *inaction* can get in the way of believing in yourself and going after your dreams.

Read the scenarios on the next two screens.

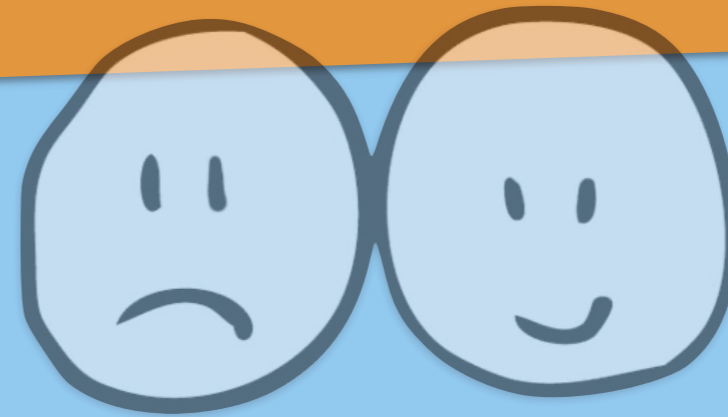
Decide which action is driven by:

- fear
- inaction
- self leadership



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Identify each of the responses below as either fear, inaction, or self leadership (Believe in You). Then, use *Pair Share* to discuss your responses.



You really connect with an author who comes to your school, and you dream of writing and publishing books.

1. You're proud of your writing and think it's good enough to publish.
2. You wish you knew how to write a book and publish it.
3. You get worried that you can't make money writing books.

Identify each of the responses below as either fear, inaction, or self leadership (Believe in You). Then use *Pair Share* to discuss your responses.



You love composing songs more than anything else but you hear it's tough to break into the music industry.

1. You hope to be discovered.
2. You make a CD and get it played on local radio.
3. You decide it's OK if you're music is just a hobby.

Use the *Open-ended Question Tool* to share your thoughts about this statement.

*You don't think you're good enough.*  
How is this statement more like you  
or less like you?



# Action Believe in You

Your friend has stopped going to school events. She always has excuses. When you bring this up, she says she feels like a “nobody,” so it’s stupid to go.

*What can your friend do to believe in herself?*



Use *Pair Share* to discuss what your friend can do to trust in herself and her abilities.

**Some ideas to consider:  
Ask her friends what they like about her.**

**Write down what it will take to believe in herself.**

**Make a list of all the things that are great about her.**

**Join small groups where she feels special.**

**Understand that she decides who she is, not others.**



Use the *Collaboration Tool* to post the best ideas from your discussion.

What can your friend do to believe in herself?

# Action Believe in You

Meet dream leader Frank Delgadillo from the *Dream Leader* book. Read to find out how he believed in himself.



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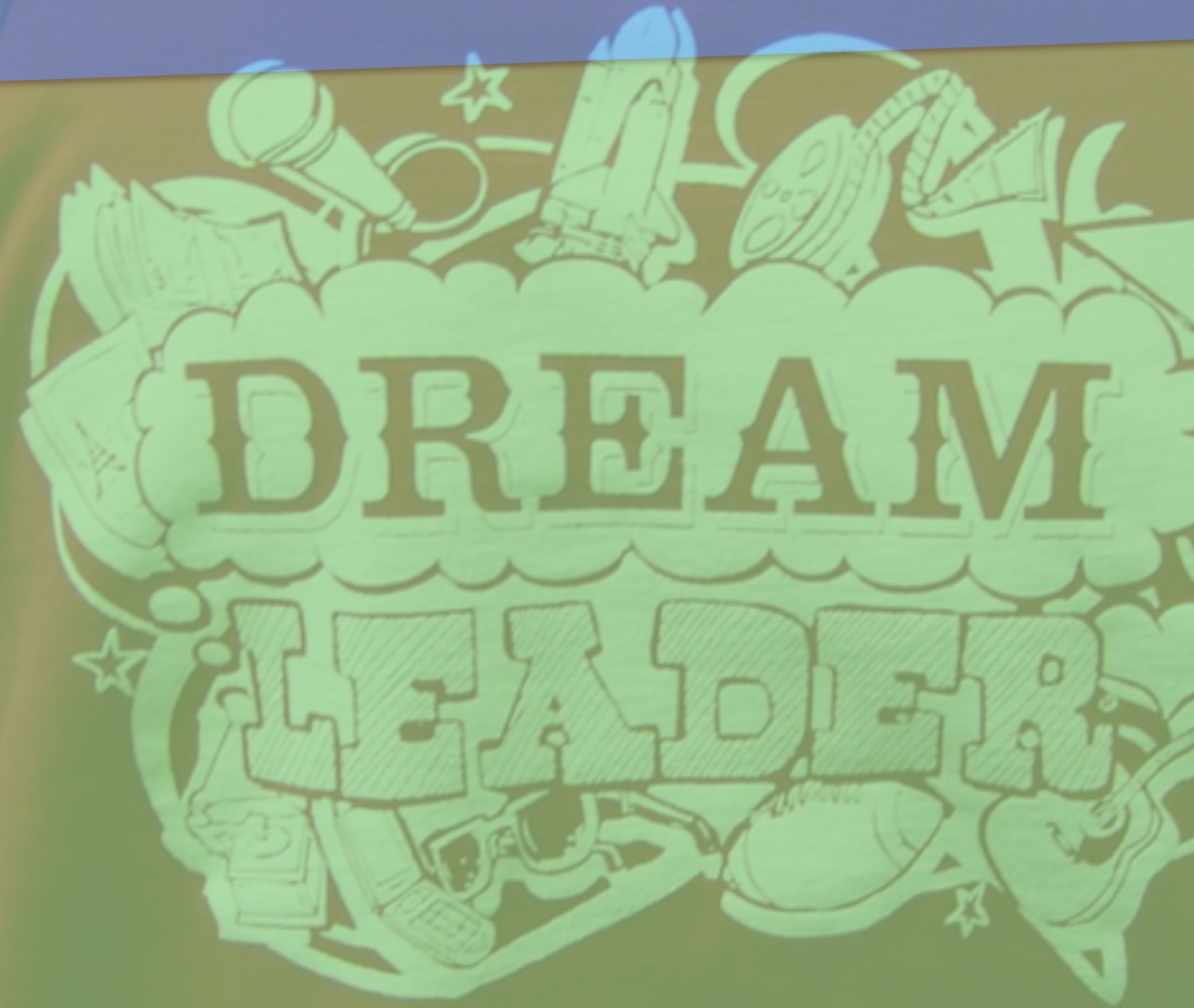
Use *Pair Share* to discuss what you learned about dream leader Frank Delgadillo that showed he believed in himself.



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Answer this question:

Did Frank's story inspire you?  
Explain.



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# Action Believe in You

Think of a time in your life when you didn't believe in yourself.

*What was the result of that lack of belief?*

Now think about what could have happened had you believed in you!

Fill in the table on the next screen with your responses.



**1. Describe an incident in your life when you didn't believe in yourself.**

**2. What happened as a result of that lack of belief?**

**3. Now describe an incident in your life when you believed in you!**

**4. What was the result of that self belief?**

# Lab 1

# Let's review

Next, you'll show your understanding of how the 12 Self Leadership Actions help you turn your interests and dreams into your life.



Use the *Fill-in-the-Blank Tool* to show your understanding of the 12 Self Leadership Actions.

allies  
perspectives  
passions  
mistakes  
care  
progress  
trust  
experiment  
compassion  
expectations  
optimistic  
models  
honest  
abilities  
yourself  
allies  
flexible  
positive  
courageous

When you believe in yourself, you are inspired to \_\_\_\_\_ yourself and your \_\_\_\_\_. Communicating directly enables \_\_\_\_\_ expression of your feelings. When you mess up to get to success, you learn from your \_\_\_\_\_ and move on. Leading your dreams for life guides you to a \_\_\_\_\_ future. Trying out and changing dreams lets you \_\_\_\_\_ and be \_\_\_\_\_. Being kind and cool lets you \_\_\_\_\_ about others while being true to \_\_\_\_\_. Changing how you think opens your mind to new \_\_\_\_\_. When you build yourself up, you boost your self \_\_\_\_\_ and \_\_\_\_\_. Getting past your fears and keeping faith challenges you to be \_\_\_\_\_ and \_\_\_\_\_. Teaming up to make dreams possible connects you with \_\_\_\_\_ and adult role \_\_\_\_\_. You discover your dreams and interests by pushing yourself to find your \_\_\_\_\_. Making and achieving dream goals motivates you to make \_\_\_\_\_ on your dreams.

Review the correct answers to check your understanding of how using the 12 Self Leadership Actions help you aspire and achieve success in school and life.

When you believe in yourself, you are inspired to trust yourself and your abilities. Communicating directly enables honest expression of your feelings. When you mess up to get to success, you learn from your mistakes and move on. Leading your dreams for life guides you to a positive future. Trying out and changing dreams lets you experiment and be flexible. Being kind and cool lets you care about others while being true to yourself. Changing how you think opens your mind to new perspectives. When you build yourself up, you boost your self compassion and expectations. Getting past your fears and keeping faith challenges you to be optimistic and courageous. Teaming up to make dreams possible connects you with allies and adult role models. You discover your dreams and interests by pushing yourself to find your passions. Making and achieving dream goals motivates you to make progress on your dreams.



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# Thank You



**Be Your Own Dream Leader**

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**Try out & change dreams**

**Make & achieve dream goals**

**Team up to make dreams possible**

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**Mess up to get to success**

**Lead your dreams for life**



**Co-author Sue Baechler**

**Co-author Shirley Ball**

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## Credits/Sources

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2. Kqed Mindshift, Katrina Schwartz
3. Getty Images
5. Wing Lam
10. Mirror
13. You Tube, The Art of Charm
17. Getty Images
22. Getty Images
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25. Frank Delgadillo
35. Getty Images

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Dream Leader book

