

BELIEVE IN YOU + OPEN

Name:

Date:

LEADERSHIP

Learning leadership through Flag Football

A 5 DAY JOURNAL EXPERIENCE



Leaders are **made**, they are not born.

Vince Lombardi

This journal is designed for every student. *Go Be Great!*

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LEADERSHIP

/noun/

The ability to guide and influence a team toward achieving common goals by making informed decisions, offering direction, and setting a positive example.

Welcome to the 5 Day Leadership Journal.

Get ready for a journey through leadership and positive communication as we have fun playing flag football!

In every one of our flag football sessions, you'll have the chance to step up as a leader, make smart decisions, and encourage your teammates in ways that make a big difference on and off the field. This journal will help you reflect on the choices you make, the way you communicate, and how you support and empower your team.

Each day, we'll focus on a key part of leadership. You'll be encouraged to use tools like positive affirmations to help you stay calm and focused under pressure, so you can be the best leader you can be!

As you go through these activities, remember that leadership isn't just about being in charge — it's about lifting others up, showing respect, and creating a positive, supportive environment for everyone. GO BE GREAT!

You are a leader. We Believe In You.

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

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Repeat the affirmation below.

"I lead by example, showing others that thoughtful decision-making creates success for everyone."

Instant Self-Assessment:

Rate your leadership and decision-making today by circling a number below.

(Not Great) **1 2 3 4 5** (GREAT)

Why did you give yourself this self-assessment score?

Leadership in action.

DAY 1

Everyone can lead by example. Describe a moment from today's team play where you had to make a decision for the team. How did you demonstrate leadership to be sure that the decision benefited everyone?

How did your decision impact your teammates?

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Repeat the affirmation below.

"I use my energy and enthusiasm to empower others to reach their full potential."

Instant Self-Assessment:

Rate your encouragement and support for others by circling a number below.

(Not Great) **1 2 3 4 5** (GREAT)

How did your actions encourage or support your teammates?

DAY 2

Encouragement fuels enthusiasm.

How did you empower a teammate today? What positive actions did you take to support and encourage them during the game?

How did your encouragement and support change or influence the attitude of the team?

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Repeat the affirmation below.

"I communicate clearly, listen with respect, and support my teammates on and off the field."

Instant Self-Assessment:

Rate your communication today by circling a number below.

(Not Very Positive) **1 2 3 4 5** (VERY Positive)

How did your communication style impact the team's performance and your ability to support your teammates?

Communication makes a difference.

DAY 3

Think about how you communicated with your teammates today. Were you clear and positive? Write about an example of your communication style.

Did your communication help the team perform better or resolve any conflicts?

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Repeat the affirmation below.

“Through thoughtful communication and empathy, I help create peaceful and positive outcomes for my team.”

Instant Self-Assessment:

Rate your conflict resolution skills for today by circling a number below.

(Not Great) **1 2 3 4 5** (GREAT)

Did your actions help improve the team’s social interaction or did you help resolve a conflict? If so, how?

DAY 4

Leaders work to resolve conflict.

Describe a moment when you had to make a decision that helped to resolve or prevent a conflict.

Reflect and then write about the importance of your decision and its effect on your team.

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Repeat the affirmation below.

**"I bring positive energy to every situation,
inspiring those around me to do their best."**

Instant Self-Assessment:

Rate your enthusiasm today by circling a number below.

(No Energy) **1 2 3 4 5** (High Energy)

What are 2 or 3 things that influenced your enthusiasm today?
How/why did those things influence you?

Enthusiasm is fuel for progress.

DAY 5

Reflect on your overall enthusiasm and energy. How did your enthusiasm help lead your team or create a positive environment?

Was your enthusiasm contagious? How did others respond to your energy?

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Final Leadership Reflection

THINK, PROCESS, WRITE:

Take 1 minute to remember key leadership moments from this flag football experience. Remember, everyone leads by example. Some lead in a positive direction, others in a negative direction.

What did your actions say about you as a teammate and a leader?
What lessons did you learn that you can use in other areas of life?

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LEAD BY EXAMPLE Priority Learning Outcomes

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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Lead by Example / Go Be Great

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