



BECOME

leadership

Program Journal

Name: _____

Date: _____

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Bold, Energized, Compassionate, Open-hearted, Mindful, Empowered

What is BECOME?

BECOME is curriculum designed to provide participants with the ability to build self-awareness and self-confidence.

It is an acronym for bold, energized, compassionate, open-hearted, mindful, empowered, education.

What is the mission of BECOME?

This curriculum delivers an opportunity for students to find their voices in order to effectively self-advocate and advocate for others. The purpose is to guide self-aware, self-confident individuals who are able to self-regulate, communicate effectively, and maintain a positive mindset and overall heightened sense of well-being. It provides participants with an understanding of the communities to which they belong and empowers them with the ability to actualize themselves as vehicles for change within their respective communities. The students enrolled become compassionate, empathetic change makers with a true understanding of what it means to be a leader.

What are the goals for BECOME?

1. Increase self-awareness and self-confidence
2. Understand compassion, mindfulness and values-based leadership
3. Communicate effectively
4. Access tools and strategies to self-manage and self-regulate

Developing the necessary awareness to understand who you are and the person you are meant to BECOME is the purpose of lifelong education.

BE (Bold Energized) Self Exercise

This is an exercise to connect you to your thoughts and feelings in order to identify what you would like to focus on throughout the year.

I, _____ am answering the following to remind me of what is important to

me at this time, _____ .

Date and Time

These truths may change as I grow, learn, and become.

Right now:

I value:

I love:

I hope:

I believe:

I understand:

I want to understand:

I accept:

I will:

Signed: _____

BECOME

I WAS, I AM, I WILL.....

I was BOLD when _____

I am BOLD when _____

I will be BOLD when _____

I was ENERGIZED when _____

I am ENERGIZED when _____

I will be ENERGIZED when _____

I was COMPASSIONATE when _____

I am COMPASSIONATE when _____

I will be COMPASSIONATE when _____

I was OPEN-HEARTED when _____

I am OPEN-HEARTED when _____

I will be OPEN-HEARTED when _____

I was MINDFUL when _____

I am MINDFUL when _____

I will be MINDFUL when _____

I was EMPOWERED when _____

I am EMPOWERED when _____

I will be EMPOWERED when _____

How to Use the Journal

These journal pages are designed to help participants reach a greater awareness of self by uncovering the relationship between the mind, body, and the heart. The ability to gain an understanding of the connection between moving, feeling and thinking is the main goal of these pages. When we are able to fully appreciate how the mind, body, and heart work together, we begin the journey of building awareness which leads us to knowing who we are, what is important to us, and what we value. This builds our strength as individuals and allows us to unlock our true potential.

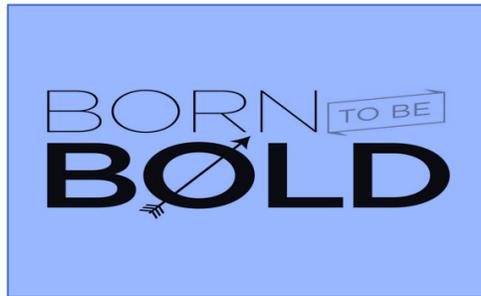
When this level of awareness is achieved we are able to move through the world with confidence and a certainty that allows us to be productive members of our communities, live our purpose and create change based on what we value and what is important to us. This is values-based leadership and living BECOME calls on its participants to live and lead based on their values. BECOME helps guide the change makers our communities need.

Each letter of the acronym BECOME represents a word that defines what it means to be a powerful change maker- bold, energized, compassionate, open-hearted, mindful, empowered. The journal walks you through exercises to move, feel, and think in a manner that will connect you to each of the words within the acronym. The exercises and questions are well thought out and will provide a clear understanding of what it means to embody being bold, energized, compassionate, open-hearted, mindful and empowered. The exercises demonstrate the importance of movement and how it ties into our thoughts and feelings. You will complete exercises (move), take notes (feel), take more notes (think) in order to build self-awareness and self-confidence.

The desire is for you to complete the pages with an open heart and an open mind and allow the wisdom from within you to guide you through the self-discovery process. Enjoy the learning, build your awareness, and confidently recognize the extraordinary person you are and will continue to BECOME.

BOLD

Showing an ability to take risks: confident and courageous



Do you know the feeling of being nervous and excited with butterflies in your stomach?

The feeling of when you care a lot about standing up for what you believe, and it means so much to you that you get lost in the excitement thinking about it. You stop thinking and allow your feelings to move you into your power and wisdom and just go for it!

These butterflies are your aliveness and these thoughts, feelings, and actions are bold.

Journal

1. In this moment what matters the most to you?

2. What risks are you willing to take in order to achieve your goals?

3. What does it feel like in your mind/body/ heart to be bold?

4. What bold actions have you seen leaders take?

Thoughts and Ideas on Being Bold

“Be original; don’t be scared of being bold!”

Ed Sheeran

Exercise- A Bold Burst of Energy

The movement is a sprint.

Run as fast as you can for 50 meters- out and back

Focus on the power in your legs moving you as fast as you can go.

- Open your stride and let your legs go.
- Use your arms to help propel you.
- Don’t think about running, just run.

1. Sprint for 50 meters out and back.

2. Note what you feel. What does it feel like to run fast?

3. Note what you think. What needs to happen for you to run fast?

4. Sprint for 50 meters out and back.

5. Note what you feel. What feelings are coming up as you run?

6. Note what you think. What bold actions can you take to learn more about yourself?

7. Sprint for 50 meters out and back.

8. Journal what you feel. What sensations are you feeling in your body?

9. Journal what you think. What bold actions can you commit to in order to learn more?

Strategy for Staying Bold

When you need to feel and know you are capable of being bold, try something new. Try a new type of food, sport, game, hobby, whatever you feel will give you the boost of boldness you need. What are you willing to commit to doing? Write your thoughts below.

What are you willing to try?

When are you willing to try it?

By trying something new, I hope to...

Energized

To give enthusiasm, to feel energetic or eager



The feeling you get in your entire being (body, mind, heart) that declares I can't stop, I won't stop, I can go forever. It's that surge of energy that feels like a current moving through you and giving you nonstop energy. When you connect with this powerful energy, you are connecting with your aliveness. This sensation is the power that helps you accomplish your dreams.

Journal

1. What gets you excited to create?

2. How do you stay focused throughout the day?

3. What activates you to learn and try new things?

4. What gets you energized?

Thoughts and Ideas on Being Energized

*“You’re off to great places, today is your day!
Your mountain is waiting, so get on your way!”*
Dr. Seuss

Exercise- An Energetic Ball Toss

The movement is a ball toss against a wall or with a partner.

Find a partner or a wall and throw a ball back and forth for a minute.

Focus on the energy in the center of your body.

- Create a rhythm between you and your partner or the wall.
- Notice the connection and the energy being exchanged as you release and catch the ball.
- See if you can get into a flow where you are not thinking about throwing and catching.

1. Toss the ball to a partner/ wall for one minute.

2. Note what you feel. What does it feel like to create this movement?

3. Note what you think. How does tossing the ball help to bring energy to your body?

4. Toss the ball to a partner/ wall for one minute.

5. Note what you feel. What emotions are you feeling as you toss the ball and are they effecting your energy level?

6. Note what you think. Are you noticing a connection between how you feel in your body and what you are thinking as you toss the ball? If tossing with a partner, how are you connecting with your partner?

7. Toss the ball to a partner/ wall for one minute.

8. Note what you feel. How did this exercise demonstrate a connection between your thoughts, emotions and the sensations in your body?

9. Note what you think. Are there goals you can set to help you stay energized?

Strategy for Staying Energized

When you are feeling down, unmotivated and not so energized, sometimes you need a good pep talk. Write yourself a pep talk for the times you may need one. Write what you know you are capable of doing and what you want to say to yourself.

What are you capable of doing in school, in your after-school activities, at home, in other communities you belong?

What would you like to write to yourself?

Compassionate

To feel or show sympathy and concern for others; to have a desire to help.



What pulls at your heart strings? What calls you to help others? When you connect with others and feel concern or sadness, your heart is making connections beyond yourself. The action to make things better with a smile, a kind word, or helping hand is empowering and demonstrates compassion.

Journal

1. How do you connect with others?

2. How do you show kindness?

3. What are some ways you can show compassion in your communities? How does it feel to show compassion?

4. How have people been kind to you?

Thoughts and Ideas on Being Compassionate

“If you want others to be happy, practice compassion.

If you want to be happy, practice compassion”

Dalai Lama

Exercise- Mindful Wall Sit

The movement is a strong and intentional wall sit.

Find a wall, press your back firmly against it, sit down with your knees aligned with your ankles and sink into a seated position.

Focus on your feet planted firmly on the ground and your back on the wall.

- Take deep deliberate breaths through your nose into your belly
- Feel your leg muscles working
- Commit to an act of compassion to help you feel happy.

1. Get into a wall sit for 30 seconds.

2. Note what you feel. What are you feeling in your legs?

3. Note what you think. What can you do to feel calmness in your body when you feel stressed?

4. Get into a wall sit for 45 seconds.

5. Note what you feel. What feelings are coming up as you hold the wall sit?

6. Note what you think. What can you do to bring happiness to yourself/ to someone in your community?

7. Get into a wall sit for 60 seconds.

8. Note what you feel. How is your body feeling- your legs, arms, core, feet?

9. Note what you think. How can you show yourself some compassion when you get tired or don't feel like doing what you are trying to accomplish?

Strategy for Staying Compassionate

Write down three things you are really good at doing and three things you really like about yourself. When you need some reminding of how great you are just look at the list you have created below.

3 Things I Am Good At

1. _____
 2. _____
 3. _____
- _____
- _____

3 Things I Like About Myself

1. _____
 2. _____
 3. _____
- _____
- _____

Open-hearted

To fully express and display warmth and kindness.



What encourages you to reach out and hug someone? What brings out your vulnerability? When your heart connects openly with others and you allow the world in, you are able to experience love and kindness. This care and love for what is important to you motivates you to take action- to feel and to know there is safety and security in an open-heart.

Journal

1. How do you let people know you care about them?

2. What emotions come up for you the most during the day?

3. How do you care for yourself throughout the day?

4. What tools/ strategies do you use to help you feel better if you feel stress or worry?

Thoughts and Ideas on Being Open-hearted

“When you live with an open heart, unexpected, joyful things happen.”

Oprah Winfrey

Exercise- Jumping and Singing

The movement is jumping jacks while singing

Begin doing jumping jacks, start singing a song you enjoy after the third jumping jack.

1. Connect with the lyrics.
2. Focus on your feet landing on the ground and your breath as you sing.
3. Know that when you trust yourself a natural rhythm occurs- a flow

1. Do 25 jumping jacks, on the third jump start singing.

2. Note what you feel. Did the rhythm of your jumps change once you started singing?

3. Note what you think. Are you connecting to the words you are singing?

4. Do 25 jumping jacks, on the third jump start singing.

5. Note what you feel. How does it feel to jump and sing simultaneously?

6. Note what you think. What is happening with your breath as you sing and increase your heart rate?

7. Start singing, after singing two lines of a song begin to jump. Do 25 jumping jacks while continuing to sing.

8. Note what you feel. Are you able to connect jumping with the rhythm of the song and your breath?

9. Note what you think. Did you notice a difference in how you connected to singing and the rhythm when you started singing first versus jumping first?

Mindful

To be conscious or aware of something, especially focusing awareness on the present moment.



What happens when you feel overwhelmed and stressed? Are you able to breathe into the moment and know that your wisdom and awareness will help you get through the discomfort? Does your mind escape you and bring you to the past or the future and skip right over the present moment? Having the ability to stay focused on the present moment takes practice. It is knowing that each moment whether it brings something hard or beautiful, it is important, and each moment is an opportunity to learn.

Journal

1. How do you work best? Seated, standing, with some movement?

2. What are some things you do to help you stay focused?

3. What does it feel like in your body/mind/heart when you are completely focused on the activity you are doing?

4. What needs to happen for you to feel present, happy and ready to learn?

Thoughts and Ideas on Being Mindful

“The best way to capture moments is to pay attention. This is how we cultivate mindfulness. Mindfulness means being awake. It means knowing what you are doing.”

Jon Kabat-Zinn

Exercise- Tapping to Keep Your Focus

The movement is variations of tapping in order to bring awareness and concentration

While seated in a chair begin tapping out a rhythm using your feet.

- Focus your attention on feeling the ground underneath your feet and the rhythm they are able to create.
- Bring your mind to counting out the rhythm. Two/two, one/one, one/two/two
- You choose the rhythm to keep your mind and body alert and present.
- Tap it out, have fun and let the rhythm inside you come out.

1. Tap out a rhythm with your feet.

2. Note what you feel. How is the movement of your feet effecting the rest of your body?

3. Note what you think. Are you connecting with the tapping rhythm?

4. Tap out a different rhythm with your feet.

5. Note what you feel. What sensations are you feeling in your body?

6. Note what you think. How was it to create a different rhythm? Did you have to really think about the rhythm, or did it come naturally?

7. Tap out a rhythm using your hands and feet.

8. Note what you feel. Are the sensations in your body different after adding your hand to the music making?

9. Note what you think. Does tapping help your mind, body and heart stay present and connected?

Strategy for Staying Mindful

Just like tapping can help sooth you or keep you focused while sitting, what other things can you do to stay focused and calm? Write them below so you will remember if you ever need them.

Things I can do to stay calm

Things I can do to stay focused

Empowered

To have power or authority, to become more aware and more confident.



What happens when you feel like you can soar to the highest mountains, ace a math test, or score the winning goal? Are you knowing and feeling your power? Is your awareness of self and your confidence soaring too? That self-awareness and self-confidence are your superpowers. When you know yourself, what you are really good at doing, what you love and enjoy and you are able to go out into the world and do it, you are rocking it. You are empowered with self-awareness.

Journal

1. What helps you feel powerful?

2. How do you continue to feel your strength and wisdom throughout the day?

3. What does it feel like in your body/mind/heart when you feel your power?

4. What can do to feel empowered as you learn new things?

Thoughts and Ideas on Being Empowered

“Never give up on what you really want to do. The person with big dreams is more powerful than the one with all the facts.”

Albert Einstein

Exercise- Burpees Plus Some

Do the maximum number of burps you can do.

To do a burpee jump up with arms above your head, come down and place your hands on the ground, step or hop back into a push up position, do a push up, step or hop feet forward between hands, stand up and repeat the movement.

- When you think you can't do any more, stop and breathe.
- Take three deep breaths through your nose into your belly and out through your nose.
- Be sure to completely fill your belly with your breath.
- Do three more burpees.

1. Do 5 burpees, stop, take 3 deep breathes and do 3 more.

2. Note what you feel. How did you feel as you were pushing your body to do more?

3. Note what you think. Did your mind or heart help your body accomplish doing more burpees?

4. Do as many burpees as you are able to do, stop, take 3 deep breaths and do 3 more

5. Note what you feel. How does your body feel after pushing its limit?

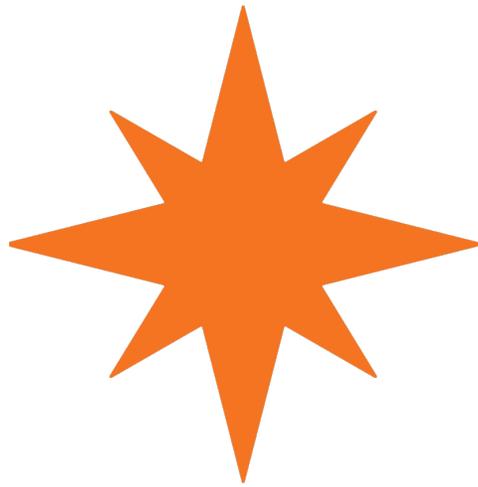
6. Note what you think. What learning is here for you in regard to pushing your limits?

7. Sit crossed legged with your hands on your knees, focus on your breath, stay here for 3 minutes

8. Note what you feel. Are there times you can give more effort in order to accomplish your goals?

9. Note what you think. How will this learning help you as you take on challenges?

Thank you for taking the journey to BECOME!



"The only person you are destined to become, is the person you decide to be."
Ralph Waldo Emerson