Leadership Activities for Teens
<u>Worksheet</u>

Date: _____

Title: <u>Leading by Example</u>

Objective: This activity aims to encourage teens to reflect on leadership qualities and practice leading by example in their daily lives.

Instructions:

1. Take some time to reflect on what leadership means to you. Consider qualities you admire in leaders and how you can embody those qualities in your own actions.
2. Choose one area of your life where you can lead by example. This could be at home, in school, within a club or organization, or in your community.
3. Outline your plan for leading by example. Consider the following questions:
    a. What specific action or behavior do you want to exhibit?
    b. Why is this action important to you and to others around you?
    c. How will you implement this action consistently?
    d. What challenges do you anticipate, and how will you overcome them?
4. Once you have outlined your plan, take action! Implement your chosen behavior or action consistently for at least one week.
5. After the week is over, reflect on your experience. Use the reflection questions below to guide your thinking.
6. Share your experience with a friend, family member, or mentor. Discuss what you learned and how you plan to continue leading by example in the future.

Plan for Leading by Example:

1. What I want to do to be a leader:

2. Why this is important to me:

3. How I will do it:

4. If I have any problems, I will:

Answer the following reflection questions:

- What did you learn from this?
- How did people react to what you did?
- Did anything happen that you didn't expect? How did you deal with it?
- How do you think you've gotten better at being a leader?
- How will you keep being a good leader in the future?

Conclusion:

Leadership is not just about telling others what to do; it's about demonstrating through your actions the qualities you value. By leading by example, you have the power to inspire and influence those around you positively.