



**LEADERSHIP:** the process of influencing others to accomplish a certain goal

**WHY DO WE STUDY LEADERSHIP SO MUCH?** A good leader is able to **ACCOMPLISH** important things no matter what position he or she is in. Leaders are communicators, visionaries, and role models. They inspire others to do things and make them feel part of something bigger than themselves. Leadership is important because people naturally have needs and desires, and if they don't know how to get what they want or need through proper leadership, then they often resort to not-so-very nice ways to get what they want, such as aggression or manipulation, also known as bullying. The opposite of leader is **NOT** a follower. The opposite of a leader is a bully.

Just because someone is "in charge" does not make them a good leader. And just because someone is a leader, it doesn't mean they are necessarily have to be in charge!

Think of someone you think of as a role model. They usually have certain qualities that you admire. You might try to be around them and become like them.

Did you know that you actually become like 5 people you associate with the most? That's right. If you think of the 5 people you interact with the most, you will probably notice you have picked up their habits or speech patterns. These 5 people do not have to be real or living people. They can be in books, videos or video games. Usually 2-3 of these people are your family members. The others might be your friends or role models. Have you chosen friends and role models with good values?

Our **VALUES** are the things that are most important to us. They determine how we make the choices that shape our destinies. The Niagara Kung Fu Academy Leadership Values that we study are **PERSEVERANCE, COMPASSION, LEADERSHIP, INTEGRITY, COURAGE, and ACCOUNTABILITY**. Some other important martial art values you might recognize are **STRENGTH, KNOWLEDGE, SPIRIT, and RESPECT**.

Before setting a goal, it is important to decide if the goal is in line with your values. For instance if your #1 **VALUE** is **FAMILY**, but your #1 **GOAL** is to be an astronaut and move to Mars, then you might have a conflict... unless the rest of your family is moving to Mars also.

We should know what we value. Our values may change from time to time as we grow into ourselves, but it is important to take stock of what you think is most important. We choose our leaders based on our values. Leaders with similar values will lead us in the direction we want to go. For example, your kung fu instructor values **GOOD HEALTH**, and if you also value your health, then following him or her would be a good idea.

**YOUR ASSIGNMENT IS ON THE BACK ---->**

# LEADERSHIP ASSIGNMENT #1

Complete the assignment to earn 1 homework stripe on your belt.

Authenticity

Achievement

Adventure

Authority

Balance

Beauty

Boldness

Compassion

Challenge

Citizenship

Community

Contribution

Creativity

Curiosity

Determination

Fairness

Faith

Fame

Friendships

Fun

Grace

Growth

Happiness

Honesty

Humor

Influence

Inner Harmony

Justice

Kindness

Knowledge

Leadership

Learning

Love

Loyalty

Meaningful Work

Openness

Optimism

Peace

Poise

Reputation

Respect

Responsibility

Security

Self-Respect

Service

Stability

Success

Trustworthiness

Wealth

Wisdom

You are to determine your TOP 10 VALUES. We have provided a list of examples, but you can choose things that are not on the list. You also need to define each of your values in YOUR OWN WORDS.

write your name here 's TOP 10 VALUES

1. \_\_\_\_\_ means \_\_\_\_\_

2. \_\_\_\_\_ means \_\_\_\_\_

3. \_\_\_\_\_ means \_\_\_\_\_

4. \_\_\_\_\_ means \_\_\_\_\_

5. \_\_\_\_\_ means \_\_\_\_\_

6. \_\_\_\_\_ means \_\_\_\_\_

7. \_\_\_\_\_ means \_\_\_\_\_

8. \_\_\_\_\_ means \_\_\_\_\_

9. \_\_\_\_\_ means \_\_\_\_\_

10. \_\_\_\_\_ means \_\_\_\_\_