

HABITS AT HOME

A FAMILY ACTIVITY PACKET

Our Family Super Hero Team

Dear grown-up: You may recognize these habits, they are part of the leadership and character development program Apex shares on your child's campus. This resource is designed to create the connections in building your very own Super Hero Squad at home - with your family. Pick one activity a week, or start with the habit that stands out the most to you. You don't need to finish every page right now, set your own pace and enjoy!

Each leadership habit is reinforced with a catchy chant to encourage memorization. Ask your child if they remember the hand motions that go along with each one. And, as you and your family work together to create your Super Hero Squad, you'll see that some roles are already outlined for specific people. Anything without a header is an opportunity for anyone in the family to show off their Super Hero Skills!

Our team name: _____

Draw your team here.

Six Weeks of Everyday Heroes

One habit a week. A few minutes together. Put this on the fridge and start whenever your family is ready.

Ask your Super Hero to teach you the chant and motion.
New to the chant? Learn the words together. Let your child lead!

WEEK 1 / STEADY

Try your Super Hero breath: smell the flowers, blow out the candle.

Ask: When did you need a calming breath today?

Grown-up: Share a time you lost your cool and what you would try next time.

WEEK 2 / UPLIFTER

Cheer for someone else. Try sibling shout-outs or a teacher note.

Ask: Who lifted you up, and who did you lift up?

Grown-up: Share a time someone encouraged you when you needed it.

WEEK 3 / PURPOSE

Pick one thing to get better at. Take one small step.

Ask: What is one small step you can try tomorrow?

Grown-up: Share something you are working on and why it matters to you.

WEEK 4 / EXTRA MILE

Do a little more to help: tidy up, include someone, or lend a hand.

Ask: What did you do that nobody asked you to do?

Grown-up: Share a time you noticed a chance to help. What did you do?

WEEK 5 / RELIABLE

Make one promise you can keep. Follow through together.

Ask: Did we do what we said we would do?

Grown-up: Share a promise you kept, or how you repaired one you missed.

WEEK 6 / HERO

Choose one family act for someone outside your home.

Ask: Who needed help, and how could we step in?

Grown-up: Share a small choice you made that helped someone else.

My Calm-Down Plan

Even Super Heroes have big feelings. Together, choose a few things that help you feel steady, so you have a plan when you need one.

LITTLE COACH, TAKE IT AWAY!

Teach your grown-up the chant and motions you remember.
I am calm, I am steady, Super Heroes, let's get ready!

MY PLAN

1. Super Hero breath
Smell the flowers.
Blow out the candle.

2. Another thing that helps:

_____

3. One more thing I can try:

_____

My calm spot at home:

_____

When I feel _____

I will _____

MY GROWN-UP'S PLAN

1. Super Hero breath
Smell the flowers.
Blow out the candle.

2. Another thing that helps:

_____

3. One more thing I can try:

_____

My calm spot at home:

_____

When I feel _____

I will _____

GROWN-UP, YOUR TURN

Practice three gentle Super Hero breaths together. Share a time you needed a pause, too. Asking for help belongs in a calm-down plan.

Feelings Weather Report

Check in once a day for a week. Draw a sun, a cloud, a storm, or your own weather. Feelings can change from day to day, and that's okay.

LITTLE COACH, TAKE IT AWAY!

Teach your grown-up the chant and motions you remember.
I am calm, I am steady, Super Heroes, let's get ready!

SUNNY: feeling good **CLOUDY: unsure or low** **STORMY: big feelings**

DAY	MY WEATHER	GROWN-UP'S WEATHER	WHAT HELPED?
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

GROWN-UP, YOUR TURN

Draw your weather beside your child's. Try: "Mine felt stormy when ___. What helped me was ___." Listen first; you don't have to fix every feeling.

Hype Squad Cards

A tiny note can make a big difference. Fill in a card, cut along its border, and tuck it somewhere your person will find it.

LITTLE COACH, TAKE IT AWAY!

Teach your grown-up the chant and motions you remember.
Hype 'em up! Lift 'em up!

TO: _____

You were awesome when...

_____

FROM: _____

TO: _____

You were awesome when...

_____

FROM: _____

TO: _____

You were awesome when...

_____

FROM: _____

TO: _____

You were awesome when...

_____

FROM: _____

TO: _____

You were awesome when...

_____

FROM: _____

TO: _____

You were awesome when...

_____

FROM: _____

TO: _____

You were awesome when...

_____

FROM: _____

TO: _____

You were awesome when...

_____

FROM: _____

GROWN-UP, YOUR TURN

Hide a card back! Name something specific you noticed: "You cheered for your brother when he won." Help with cutting as needed.

UPLIFTER

Teacher, You Lift Me Up!

Teachers cheer us on in so many ways. Finish this note, add a drawing, and make your teacher's day a little brighter.

LITTLE COACH, TAKE IT AWAY!

Teach your grown-up the chant and motions you remember.
Hype 'em up! Lift 'em up!

DEAR _____,

You helped me when...

_____

_____

One thing I love about our class is...

_____

A little picture to say a BIG thank-you:

Your Super Hero teammate, _____

GROWN-UP, YOUR TURN

Add your own thank-you here, or on the back:

_____

My Why Map

What would you love to get better at? Pick something that matters to you. Small steps count, even when they feel really small.

LITTLE COACH, TAKE IT AWAY!

Teach your grown-up the chant and motions you remember.
Find your purpose, make a move! / Super Heroes, find your groove!

MY MAP

I want to get better at:

This matters to me because:

1. **SMALL STEP**
2. **SMALL STEP**
3. **SMALL STEP**

MY GROWN-UP'S MAP

I want to get better at:

This matters to me because:

1. **SMALL STEP**
2. **SMALL STEP**
3. **SMALL STEP**

GROWN-UP, YOUR TURN

Share a goal you are working on, too. Tonight, ask each other: "What is one small step we can try tomorrow?"

Distraction Detective

Even heroes get sidetracked. Spot what pulls your attention away, then try one small change that helps you come back.

LITTLE COACH, TAKE IT AWAY!

Teach your grown-up the chant and motions you remember.
Find your purpose, make a move! / Super Heroes, find your groove!

For example: The TV catches my attention → I try a quieter spot.

WHAT PULLS ME OFF TRACK	ONE FIX I'LL TRY
WHAT PULLS ME OFF TRACK	ONE FIX I'LL TRY
WHAT PULLS ME OFF TRACK	ONE FIX I'LL TRY

The first fix I want to try: _____

GROWN-UP, YOUR TURN

Your turn to admit a distraction (yes, your phone counts!). Tell your child one change you will try alongside them.

Our Extra Mile Road

Notice a moment when you did a little more to help someone. Write or draw it at a mile marker. This road has room for all of us.

LITTLE COACH, TAKE IT AWAY!

Teach your grown-up the chant and motions you remember.
Raise the bar, that's my style, always go the extra mile!

MILE MARKER 1

Date: _____

I helped by...

_____

MILE MARKER 2

Date: _____

I helped by...

_____

MILE MARKER 3

Date: _____

I helped by...

_____

MILE MARKER 4

Date: _____

I helped by...

_____

MILE MARKER 5

Date: _____

I helped by...

_____

MILE MARKER 6

Date: _____

I helped by...

_____

MILE MARKER 7

Date: _____

I helped by...

_____

GROWN-UP, YOUR TURN

Add an extra-mile moment of your own. Beside a marker, write who noticed or how it helped.

"How Can I Help?" Slips

Cut out these ideas with a grown-up and pop them in a jar. Pull one when you want to help, or write an idea of your own.

LITTLE COACH, TAKE IT AWAY!

Teach your grown-up the chant and motions you remember.
Raise the bar, that's my style, always go the extra mile!

Pick up toys and put them back where they go.	Ask a grown-up, "Can I help?"
Put the forks, spoons, and napkins on the table.	Match the socks from the clean laundry.
Carry in the light grocery bags.	Wipe the table after dinner.
OUR OWN HELPING IDEA: _____	OUR OWN HELPING IDEA: _____

GROWN-UP, YOUR TURN

Add jobs you can do, too. Check that each idea fits your child's age and abilities, then choose a slip together.

Promise Tracker for Two

Choose one small promise each that you can practice daily this week. Check in together. Following through goes both ways!

LITTLE COACH, TAKE IT AWAY!

Teach your grown-up the chant and motions you remember.
Do what I say, say what I do. Super Heroes follow through!

MY PROMISE

This week, I will...

MY GROWN-UP'S PROMISE

This week, I will...

WHO	M	T	W	T	F	S	S
ME	☐	☐	☐	☐	☐	☐	☐
MY GROWN-UP	☐	☐	☐	☐	☐	☐	☐

Missed a promise? Talk about what got in the way and make a plan to try again.

GROWN-UP, YOUR TURN

Let your child check your promise, too. Share how you will repair a missed promise. Optional: thank a reliable grown-up at school this week.

First, Then: Our Afternoon

Plan one responsibility and one fun thing for each school day. Keep it realistic, and decide together what "finished" looks like.

LITTLE COACH, TAKE IT AWAY!

Teach your grown-up the chant and motions you remember.
Do what I say, say what I do. Super Heroes follow through!

DAY	FIRST: MY RESPONSIBILITY	THEN: OUR AGREED FUN
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

GROWN-UP, YOUR TURN

Agree to the "then" and keep your word. Build in the snack, rest, or help your child needs before getting started.

Design Your Hero

Your hero powers show up in everyday choices. Draw yourself as a Super Hero, then choose the habits you want to keep growing.

LITTLE COACH, TAKE IT AWAY!

Teach your grown-up the chant and motions you remember.
Super Heroes lead with heart, Super Heroes from the start!

My hero name: _____

Cape or no cape, this hero looks like ME.

My strongest habit: _____

A habit I am still training: _____

Choose: Steady / Uplifter / Purpose / Extra Mile / Reliable / Hero

GROWN-UP, YOUR TURN

Tell your child which habit you have seen them use. Give a real example: "I saw you be an Uplifter when you ___."

Our Family Hero Mission

Choose one kind act for someone outside your home. Keep it simple: a note for a neighbor, a thank-you for school staff, or help for someone you know.

LITTLE COACH, TAKE IT AWAY!

Teach your grown-up the chant and motions you remember.
Super Heroes lead with heart, Super Heroes from the start!

WHO COULD USE A LITTLE KINDNESS?

WHAT WILL WE DO?

WHEN WILL WE DO IT? WHO WILL HELP?

AFTER OUR MISSION: HOW DID IT FEEL?

GROWN-UP, YOUR TURN

Help choose and carry out the mission. Ask what would actually be helpful, gather anything you need, and put the plan on your calendar.

Band of the Day

Let your child choose one of their six wristbands each morning. No bands handy? Circle the habit you want to practice today.

Ask your Super Hero to teach you the chant and motion.
New to the chant? Learn the words together. Let your child lead!

THIS MORNING, I'M CHOOSING...

STEADY / UPLIFTER / PURPOSE
EXTRA MILE / RELIABLE / HERO

I could use it when: _____

AT DINNER, ASK: "DID YOU USE IT?"

Tell or draw one moment from your day.

_____

_____

TOMORROW, I WANT TO TRY...

_____

_____

GROWN-UP, YOUR TURN

Share a time you used today's habit, or a moment you wish you had. Grown-ups are still practicing, too.

Sibling Shout-Outs

UPLIFTER WEEK / Each child names one way a sibling lifted them up. Only child? Pick a friend or grown-up.

Ask your Super Hero to teach you the chant and motion.
New to the chant? Learn the words together. Let your child lead!

Say it together: Hype 'em up! Lift 'em up!

A SHOUT-OUT FOR _____

You lifted me up when...

_____

From: _____

A SHOUT-OUT FOR _____

You lifted me up when...

_____

From: _____

A SHOUT-OUT FOR _____

You lifted me up when...

_____

From: _____

GROWN-UP, YOUR TURN

Share a time someone cheered for you. Give each child one specific shout-out about how they treated someone.

Car-Ride Question Cards

Six conversations for the pickup line or ride home. Cut with grown-up help. A passenger can read, or choose a question before driving.

Ask your Super Hero to teach you the chant and motion.
New to the chant? Learn the words together. Let your child lead!

STEADY

When did you need a calming breath today?

Grown-up, your turn:
Share a time you lost your cool and what you would try next time.

UPLIFTER

Who lifted you up, and who did you lift up?

Grown-up, your turn:
Share a time someone encouraged you when you needed it.

PURPOSE

What is one small step you can try tomorrow?

Grown-up, your turn:
Share something you are working on and why it matters to you.

EXTRA MILE

What did you do that nobody asked you to do?

Grown-up, your turn:
Share a time you noticed a chance to help. What did you do?

RELIABLE

Did we do what we said we would do?

Grown-up, your turn:
Share a promise you kept, or how you repaired one you missed.

HERO

Who needed help, and how could we step in?

Grown-up, your turn:
Share a small choice you made that helped someone else.

Hero Spotted!

Catch someone using a habit and jot it down. Anyone in the family can notice someone else.

Example: Tuesday / Dad / Uplifter / Cheered me on when I tried again.

WHEN	WHO	HABIT	WHAT I NOTICED

GROWN-UP, YOUR TURN

Add a moment you noticed. Share a time someone noticed your effort, too, and how it felt to be seen.

Our Habit Practice Chart

OPTIONAL / Add a sticker, doodle, or check for a moment you practiced. Choose your own pace. A blank space leaves room for another day.

Our team: _____ Starting: _____

HABIT	ADD A STICKER OR MARK FOR EACH TRY				
STEADY	☐	☐	☐	☐	☐
UPLIFTER	☐	☐	☐	☐	☐
PURPOSE	☐	☐	☐	☐	☐
EXTRA MILE	☐	☐	☐	☐	☐
RELIABLE	☐	☐	☐	☐	☐
HERO	☐	☐	☐	☐	☐

Pick a box to talk about: "What happened? Who did it help?"
Keep the focus on practicing. There is no race to finish. ☐

GROWN-UP, YOUR TURN

Add your own practice moments. Share a time you missed a chance to use a habit and what you learned from trying again.

OFFICIAL FAMILY TEAM AWARD

YOU LEAD WITH HEART!



A Super Hero Certificate

THIS CERTIFICATE BELONGS TO

_____

Thank you for practicing with me. I saw you...

_____

_____

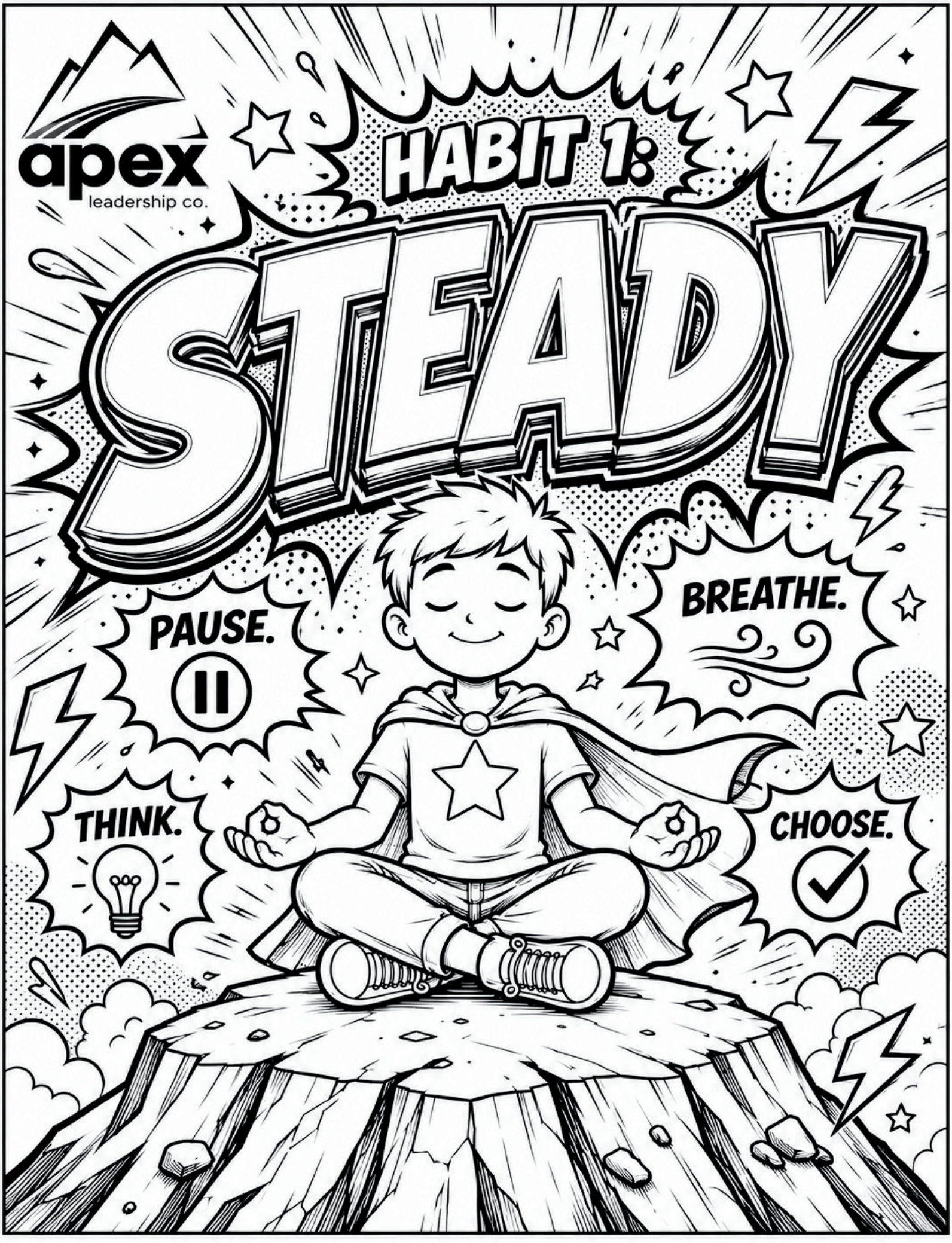
_____

The habit you showed was:

_____

Signed, your Super Hero teammate:

_____ Date: _____


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HABIT 1:
STEADY
PAUSE.
BREATHE.
THINK.
CHOOSE.

HABIT 1:
STEADY

I STAY FOCUSED AND KEEP GOING!



MY GOALS

- ☐ DO MY BEST
- ☐ STAY FOCUSED
- ☐ DON'T GIVE UP
- ☐ FINISH WHAT I START

DRAW:

Something you can keep working on until you reach your goal!

STEADY STEPS LEAD TO BIG ACHIEVEMENTS!


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I AM AN UPLIFTER!
Discovering how to encourage and support the people around them allows students to lead with kindness.
BE KIND. BE A HERO. LIFT OTHERS!
YOU CAN DO HARD THINGS!
KIND WORDS MATTER!
BE THE REASON SOMEONE SMILES TODAY!
YOU GOT THIS!
TOGETHER WE RISE!
EVERY ACT OF KINDNESS MAKES A DIFFERENCE!
BE KIND. LIFT OTHERS. MAKE A DIFFERENCE!

HABIT 2:
UPLIFTER

I ENCOURAGE OTHERS EVERY DAY!



DRAW:

A way you can uplift or encourage someone today!

KIND WORDS LIFT BIG!

HABIT 3:
PURPOSE

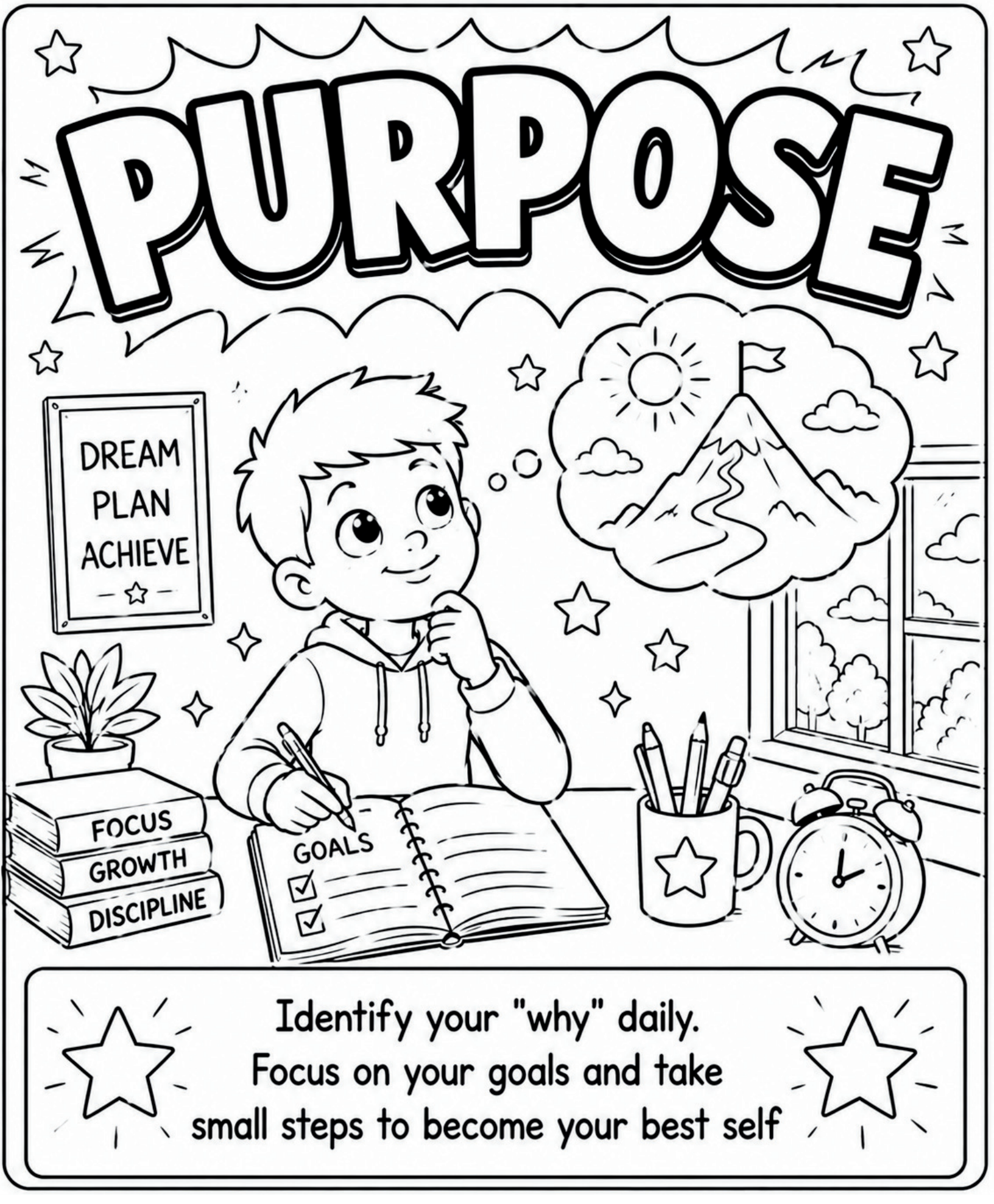
I KNOW WHAT MATTERS AND MAKE IT HAPPEN!



DRAW:

Something you are working toward
and why it's important to you!

DISCOVER YOUR PURPOSE. MAKE A DIFFERENCE!


PURPOSE
DREAM
PLAN
ACHIEVE
FOCUS
GROWTH
DISCIPLINE
GOALS
Identify your "why" daily.
Focus on your goals and take
small steps to become your best self

EXTRA MILE



Exceed every expectation. Choose to work hard and help other when it isn's required of you

HABIT 4:
EXTRA MILE

I GO BEYOND AND DO MORE THAN EXPECTED!



WAYS TO GO THE EXTRA MILE:

- HELP WITHOUT BEING ASKED
- DO YOUR BEST IN EVERYTHING
- BE KIND AND THOUGHTFUL
- LOOK FOR WAYS TO IMPROVE
- TAKE PRIDE IN WHAT YOU DO

DRAW:

A time you can go the extra mile for someone or something this week!

SMALL EFFORTS. BIG IMPACT. THAT'S GOING THE EXTRA MILE!


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HABIT 5:
RELIABLE
BE DEPENDABLE. BE TRUSTED. BE YOU!
BE RELIABLE— KEEP YOUR PROMISES AND FOLLOW THROUGH!
I KEEP MY PROMISES!
MY PLAN
HOMEWORK
CHORES
BE KIND
HELP OTHERS
BE SOMEONE OTHERS CAN COUNT ON!
RELIABLE HEROES
KEEP THEIR WORD, SHOW UP, AND DO WHAT'S RIGHT—EVEN WHEN NO ONE IS WATCHING!
BE RELIABLE... EARN TRUST!
I'M HERE FOR OTHERS!
RELIABLE PEOPLE LIFT OTHERS UP!
I TAKE RESPONSIBILITY!
I FOLLOW THROUGH!
DONATIONS
OUR CLASS CAN COUNT ON US!
ON TIME
PREPARED
RESPECTFUL
TRUSTWORTHY
YOU SHOW YOU CAN BE COUNTED ON— THAT'S REAL STRENGTH!
I CAN BE COUNTED ON!
BE RELIABLE EVERY DAY IN EVERY WAY!
WE ARE RELIABLE!
STRONG CHARACTER. STRONGER FUTURES!
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BE DEPENDABLE. BE TRUSTED.

HABIT 5:
RELIABLE

I CAN BE COUNTED ON!



BEING RELIABLE MEANS:

- ☐ BE ON TIME
- ☐ KEEP PROMISES
- ☐ FINISH WHAT I START
- ☐ TELL THE TRUTH
- ☐ DO MY BEST

DRAW:

A way you can show that you are reliable!

PEOPLE TRUST YOU WHEN YOU ARE RELIABLE!

HABIT 6: HERO

EVERYDAY CHOICES. EXTRAORDINARY IMPACT.

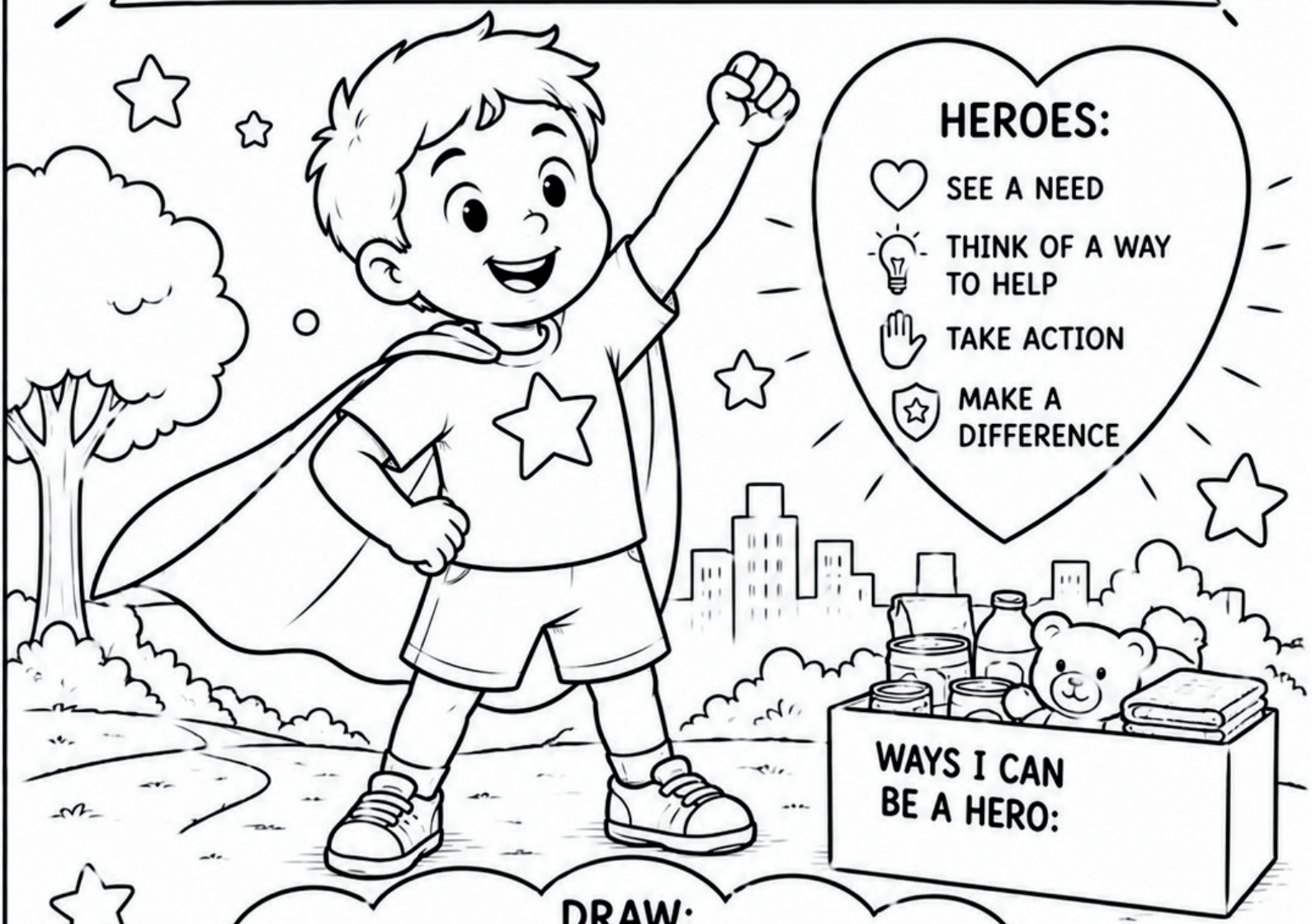


REALIZING THAT BEING A HERO IS ABOUT THE CHOICES THEY MAKE EVERY DAY EMPOWERS STUDENTS TO TAKE ACTION. BY PRACTICING HABITS LIKE BEING STEADY, UPLIFTING OTHERS, LIVING WITH PURPOSE, GOING THE EXTRA MILE, AND BEING RELIABLE, THEY CAN MAKE A POSITIVE DIFFERENCE IN THEIR SCHOOL AND COMMUNITY.

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HABIT 6:
HERO

I HELP OTHERS AND MAKE A POSITIVE DIFFERENCE!



HEROES:

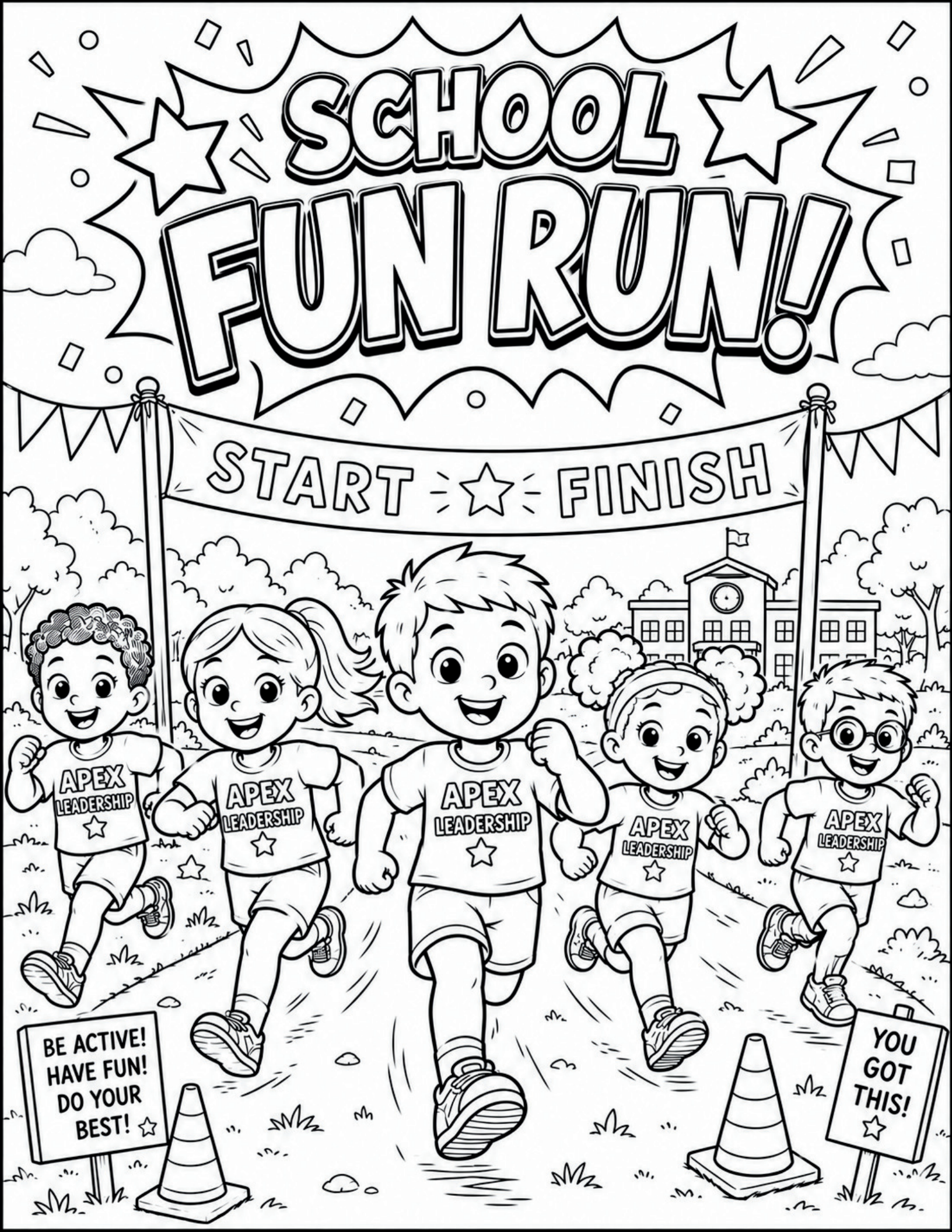
- SEE A NEED
- THINK OF A WAY TO HELP
- TAKE ACTION
- MAKE A DIFFERENCE

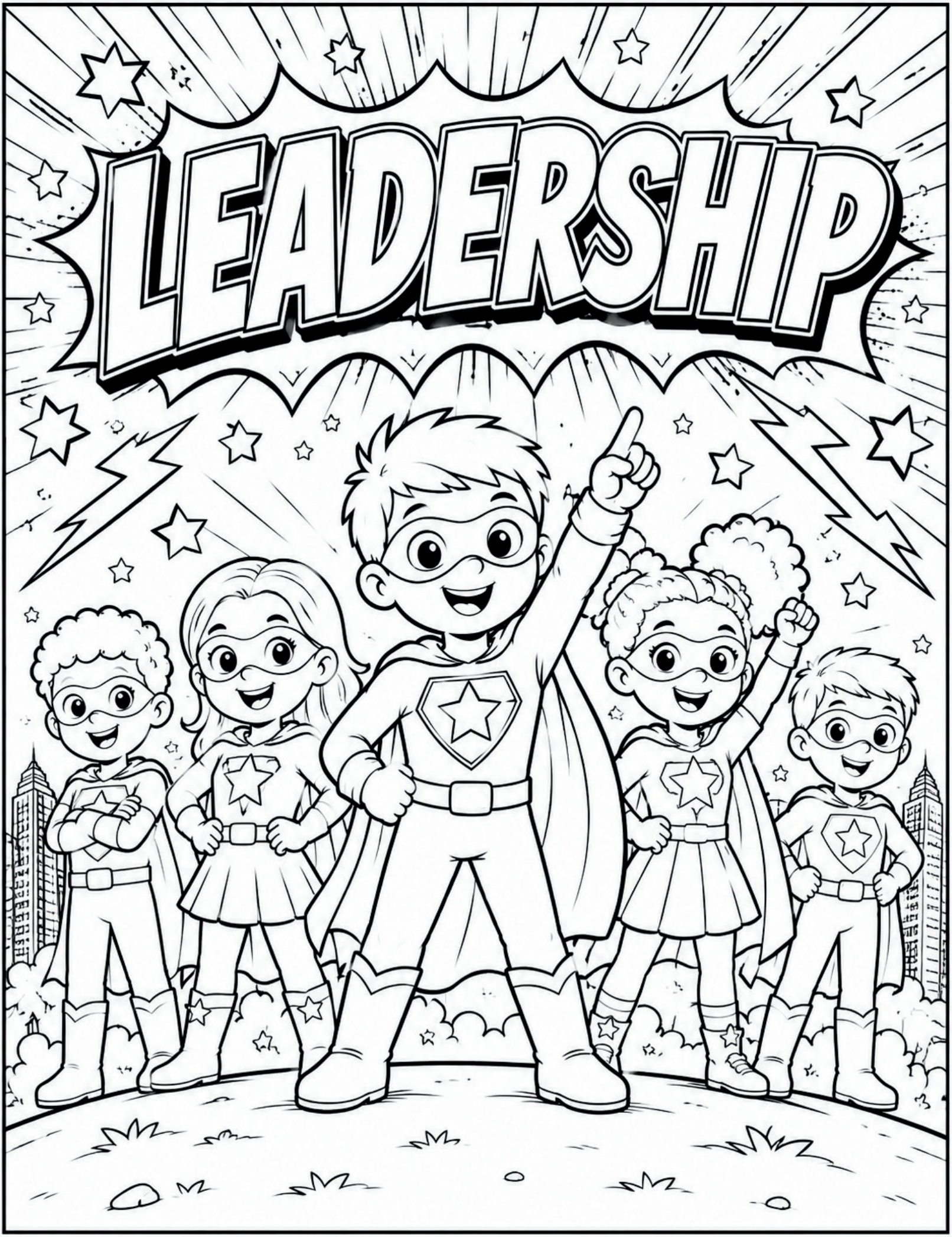
WAYS I CAN BE A HERO:

DRAW:

A way you can be a hero and help others!

EVERYDAY HEROES MAKE THE WORLD A BETTER PLACE!


SCHOOL
FUN RUN!
START
FINISH
APEX LEADERSHIP
APEX LEADERSHIP
APEX LEADERSHIP
APEX LEADERSHIP
APEX LEADERSHIP
BE ACTIVE! HAVE FUN! DO YOUR BEST!
YOU GOT THIS!

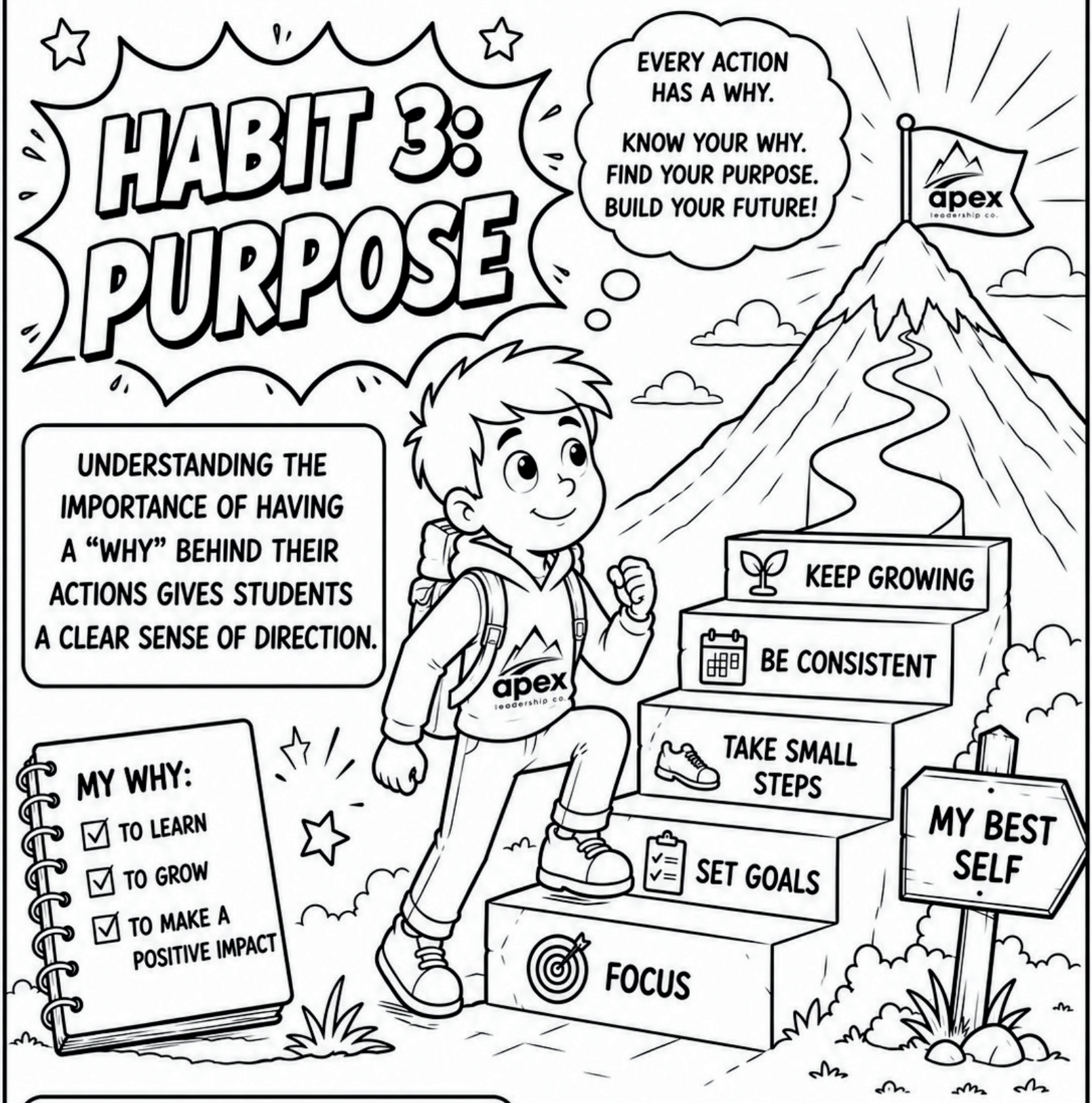

LEADERSHIP

HABIT 3: PURPOSE

EVERY ACTION HAS A WHY.

KNOW YOUR WHY. FIND YOUR PURPOSE. BUILD YOUR FUTURE!

UNDERSTANDING THE IMPORTANCE OF HAVING A "WHY" BEHIND THEIR ACTIONS GIVES STUDENTS A CLEAR SENSE OF DIRECTION.



WHILE FOCUSING ON GOALS AND TAKING SMALL, CONSISTENT STEPS EACH DAY, THEY BEGIN BUILDING HABITS THAT MOVE THEM TOWARD **BECOMING THEIR BEST SELVES.**

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APEX HABITS

★ WORD SEARCH ★

Great leaders build great habits! Find the words that reflect the habits of strong leaders.



LOOK FOR WORDS:



They can go across, down, diagonal, forward, or backward!

S	T	E	A	D	Y	C	H	O	I	C	E	S	V	B	L
U	P	L	I	F	T	E	R	K	I	N	D	W	O	R	D
P	U	R	P	O	S	E	G	O	A	L	S	Q	X	T	R
E	X	T	R	A	M	I	L	E	H	E	L	P	O	I	U
R	E	L	I	A	B	L	E	T	R	U	T	H	U	S	S
H	E	R	O	C	O	U	R	A	G	E	F	B	N	T	T
K	I	N	D	N	E	S	S	R	E	S	P	E	C	T	A
L	E	A	D	E	R	S	H	I	P	C	A	R	E	M	B
C	O	M	M	U	N	I	T	Y	I	M	P	A	C	T	I
P	R	O	M	I	S	E	S	D	E	P	E	N	D	A	B
F	O	C	U	S	D	I	R	E	C	T	I	O	N	L	I
T	E	A	M	W	O	R	K	S	U	P	P	O	R	T	T
G	R	O	W	T	H	C	H	A	R	A	C	T	E	R	Y
I	N	T	E	G	R	I	T	Y	B	E	L	I	E	F	A
P	A	U	S	E	R	E	S	P	O	N	D	L	E	A	D
P	E	R	S	E	V	E	R	A	N	C	E	D	R	V	E
G	R	A	T	I	T	U	D	E	P	O	S	I	T	V	E
D	E	T	E	R	M	I	N	A	T	I	O	N	P	L	N

WORD LIST

- STEADY
- UPLIFTER
- PURPOSE
- EXTRA MILE
- RELIABLE
- HERO
- KINDNESS
- LEADERSHIP
- CHOICES
- RESPOND
- FOCUS
- GOALS
- TEAMWORK
- TRUST
- DEPENDABLE
- INTEGRITY
- COURAGE
- COMMUNITY
- RESPECT
- SUPPORT
- PROMISES
- GROWTH
- CHARACTER
- PERSEVERANCE
- DETERMINATION
- POSITIVE
- GRATITUDE
- DIRECTION
- IMPACT

STRONG HABITS. STRONG LEADERS. - STRONGER - TOGETHER!

BE KIND. LIFT OTHERS. MAKE A DIFFERENCE!

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APEX HABITS

CROSSWORD





Use the clues to fill in the words that show how great leaders think and act!

ACROSS

2. We show this when we say nice things and help.
4. Doing more than what is expected.
6. We can count on you when you are this.
7. Thinking before we act.
9. A person who makes good choices.
10. People who support us and care about us.

DOWN

1. When we want to achieve something important.
3. We can have this in challenging times.
5. Helping others feel good and do their best.
8. What we set and work hard to reach.

WORD BANK

KINDNESS	EXTRA MILE	RELIABLE	PAUSE	HERO
PURPOSE	STEADY	UPLIFTER	GOALS	FRIENDS

STRONG HABITS. STRONG LEADERS. STRONGER TOGETHER!

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APEX HABITS

★ WORD SEARCH ★

Find the words that show how great leaders think and act!

S	T	E	A	D	Y	H	E	L	P	F
U	P	L	I	F	T	E	R	S	M	I
P	U	R	P	O	S	E	G	A	L	S
E	X	T	R	A	M	I	L	E	W	O
R	E	L	I	A	B	L	E	T	R	U
H	E	R	O	K	I	N	D	N	E	S	S
F	R	I	E	N	D	S	C	A	R	E
C	H	O	I	C	E	S	T	R	U	S	T
R	E	S	P	O	N	D	S	M	I	L	E
L	E	A	D	E	R	S	H	I	P	V
C	O	M	M	U	N	I	T	Y	W	O	R	K

WORD LIST

- ☆ STEADY
- ☆ UPLIFTER
- ☆ PURPOSE
- ☆ EXTRA MILE
- ☆ RELIABLE
- ☆ HERO
- ☆ KINDNESS
- ☆ HELP
- ☆ FRIENDS
- ☆ GOALS
- ☆ CHOICES
- ☆ TRUST
- ☆ CARE
- ☆ LEADERSHIP
- ☆ RESPOND
- ☆ COMMUNITY
- ☆ SMILE
- ☆ WORK





Be kind.
Be helpful.
Be a leader!



APEX SUPER HEROES

Habit 1: Steady

Maintain **calm and control.** Pause and breathe to make thoughtful choices instead of reacting to challenges.

Habit 2: Uplifter

Encourage those around you. Use kind words and **celebrate the success of others** to build a positive team.

Habit 3: Purpose

Identify your "why" daily. **Focus on your goals** and take small steps to become your best self.

Habit 4: Extra Mile

Exceed every expectation. Choose to **work hard** and help others even when it isn't required of you.

Habit 5: Reliable

Build trust through action. **Keep your promises** and follow through on every responsibility you have.

Habit 6: Hero

Transform your world today. Apply your **leadership habits** to make a positive difference in your community.