

# LeaderPrep

## TEEN EDITION

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### 12-WEEK STUDENT WORKBOOK

*Guiding Today's Leadership • Growing Tomorrow's Leaders*

Name: \_\_\_\_\_

Start Date: \_\_\_\_\_

THE ANCHORED INSTITUTE  
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# WEEK 1

## Introduction + The World Needs You

**Key Question:** *What if you're not too young to lead?*

Leadership isn't just for adults with corner offices. Leadership is influence—and you already have it.

Think about it. When your friends look to you for what to do Friday night, that's influence. When a younger sibling watches how you handle disappointment, that's influence. When a teammate's mood lifts because you stayed positive, that's influence.

The question isn't whether you have influence. The question is what you'll do with it.

*The question isn't whether you have influence. The question is what you'll do with it.*

### ANCHORED IN TRUTH

*For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

— Ephesians 2:10

## What Is Leadership?

**Leadership is influence toward a worthy goal.**

Every word matters: Influence—affecting how others think, feel, or act. Toward—direction, movement, purpose. Worthy—not any goal, but one worth pursuing. Goal—a specific outcome, not just vague activity.

Notice what's missing from this definition: title, position, age, experience. A teenager with no title but clear influence toward good goals is more of a leader than a CEO who has a title but no one following.

## Young Leaders in Scripture

- **David** was a teenager when he faced Goliath
- **Josiah** became king at 8 and led reform at 16
- **Daniel** was a teenager when he began influencing Babylon
- **Mary** was likely a young teen when she said yes to God
- **Timothy** was young enough that Paul told people not to look down on his youth

### ANCHORED IN TRUTH

*Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.*

— 1 Timothy 4:12

## Born or Made?

Research is clear: leadership is **primarily a skill set, and skills can be learned**. Trained beats untrained, even when untrained has more natural talent.

### REAL TALK: The Research Is Clear

Studies consistently show that while some traits may be partially innate, the vast majority of leadership effectiveness comes from learned skills and practiced behaviors.

### TRY THIS TODAY

- Write down 3 places where you currently have influence
- Ask someone who knows you: Where do you see me leading?
- Identify one young leader in Scripture and read their story

## DISCUSSION QUESTIONS

*For group study or personal reflection:*

1. Where do you already have influence, even without a title?
2. Why do you think people assume leadership requires age?
3. What would change if you truly believed God created you for good works?

**LEADER CHECK**

*Reflection questions for this week:*

- 1.** Do I believe I can become an effective leader?
- 2.** Where am I already influencing others?
- 3.** What excuses have I been making for not stepping up?

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*End of Week 1*

Next Week: [Your Mind Is the Battleground](#)

## WEEK 2

# Your Mind Is the Battleground

**Key Question:** *Do you believe you can grow?*

Everything you do as a leader—every decision, every conversation, every risk you take or avoid—flows from how you think. Your mindset isn't just one factor among many. It's the foundation that shapes everything else.

*Your mindset isn't just one factor among many. It's the foundation.*

## Two Ways of Thinking

**A fixed mindset** believes basic qualities—intelligence, talent, character—are fixed traits. "I'm just not a math person." "If I have to work hard, that means I don't have talent."

**A growth mindset** believes basic qualities can be developed through effort, good strategies, and input from others. "I'm not good at this *yet*." "This is hard, which means I'm growing."

That one word—"yet"—changes everything.

### ANCHORED IN TRUTH

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind.*

— Romans 12:2

## Your Brain Can Change

Your brain is not fixed. Neuroscientists call this neuroplasticity—the brain's ability to form new neural connections throughout life. When you learn something new, neurons form new connections. The more you practice, the stronger those connections become.

**REAL TALK:** London Taxi Drivers

A famous study showed that the hippocampus of London taxi drivers was significantly larger than average—and grew larger the longer they drove. Their brains physically changed because of what they practiced. Your brain works the same way.

## The Voice in Your Head

Fixed mindset voice:

- "This is too hard. I should quit."
- "If I fail, everyone will know I'm not smart."

Growth mindset voice:

- "This is hard, which means I'm learning something new."
- "If I fail, I'll learn something valuable."

Start noticing which voice dominates your thinking. Then actively talk back to the fixed mindset voice.

### TRY THIS TODAY

- Catch yourself using fixed mindset language today and reframe it
- Practice adding 'yet' to your limitations
- Identify one area where you've grown through effort

### DISCUSSION QUESTIONS

*For group study or personal reflection:*

4. Where do you have a fixed mindset? Where growth?
5. Why is 'yet' such a powerful word?
6. How does Romans 12:2 connect to growth mindset?

### LEADER CHECK

*Reflection questions for this week:*

1. Do I believe my abilities can grow?
2. What's my internal voice saying about my potential?
3. Where am I avoiding challenges because I fear failure?

*End of Week 2*

Next Week: Think Like a Servant

## WEEK 3

# Think Like a Servant

**Key Question:** *Who benefits most from your leadership—you or others?*

You can have a growth mindset and still become a terrible leader. Some of history's worst leaders believed they could grow and improve. They were driven, ambitious, constantly learning. And then they used that power to manipulate, exploit, and destroy.

A growth mindset is necessary, but it's not sufficient. You also need the right orientation: Are you becoming a leader who takes, or a leader who gives?

### The Ultimate Example

The night before Jesus was crucified, he and his disciples gathered for the Last Supper. In that culture, a servant would wash your feet when you arrived. It was the lowliest job. But at this meal, there was no servant—and none of the disciples volunteered.

Then Jesus stood up.

#### ANCHORED IN TRUTH

*Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you.*

— John 13:14-15

Jesus—the Son of God, Creator of the universe—wrapped a towel around his waist and washed dirty feet. The one with all the power took the lowest position.

*Servant leadership is strength expressed through service. Authority used to lift others up.*

## What Servant Leadership Is NOT

- **NOT being a pushover.** You can serve and still have strong opinions and make tough calls.
- **NOT having no authority.** It's about how you use authority, not whether you have it.
- **NOT doing everything yourself.** It's empowering others to contribute their best.
- **NOT weakness.** It takes more strength to serve than to demand service.

### REAL TALK: The Hidden Agenda

The servant leader's hidden agenda is: 'I want you to succeed and grow.'  
Compare that to the self-serving leader's hidden agenda: 'I want to look good and get ahead.' Which leader would you rather follow?

### TRY THIS TODAY

- Identify one person you can serve this week—and serve them
- Notice when you're tempted to use influence for yourself vs. for others
- Ask: Who benefits most from my leadership right now?

## DISCUSSION QUESTIONS

*For group study or personal reflection:*

7. Why is it hard to serve people we don't like?
8. What does self-serving leadership look like in your world?
9. How did Jesus model strength through service?

### LEADER CHECK

*Reflection questions for this week:*

1. Am I leading to serve others or to serve myself?
2. Where am I tempted to use influence for personal gain?
3. Who could I serve this week that would cost me something?

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*End of Week 3*  
Next Week: Own Your CAPES



## WEEK 4

# Own Your CAPES

**Key Question:** *What can you always control?*

Life isn't fair. Some people are born into wealth; others into poverty. Some have natural advantages you don't have. Here's what you can do about that: nothing.

But here's what you CAN do: control what's always within your power. And that's more than you might think.

## Your Birth Dossier

Before we get to CAPES, acknowledge what you didn't choose:

- Your parents and family situation
- Your birthplace and nationality
- Your economic starting point
- Your physical traits and natural abilities

None of this was your choice. But your Birth Dossier doesn't determine your destiny. It's your starting point, not your ending point.

## The CAPES Framework

**C — Choices.** Every moment, you make choices. What to think about. How to respond. What to do next. No one can make your choices for you.

**A — Attitude.** Your posture toward circumstances—hope or despair, courage or fear, gratitude or resentment.

**P — Perspective.** How you interpret what happens. The same event can be a catastrophe or an opportunity—depending on your perspective.

**E — Effort.** How hard you try. How much you invest. No one can make you try harder—and no one can stop you.

**S — Stewardship.** What you do with what you've been given. You didn't choose your talents, but you choose how you use them.

**ANCHORED IN TRUTH**

*Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.*

— Colossians 3:23

**REAL TALK: Viktor Frankl**

Viktor Frankl survived Nazi concentration camps and wrote: 'Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances.'

*No circumstance can take your CAPES from you. Own them.*

**TRY THIS TODAY**

- When something frustrating happens today, identify which CAPES you can control
- Write CAPES on a card and put it where you'll see it daily
- Identify one circumstance you've been blaming—and reclaim your CAPES

**DISCUSSION QUESTIONS**

*For group study or personal reflection:*

10. Which element of CAPES do you struggle with most?
11. How does focusing on what you can't control affect your leadership?
12. What would change if you fully owned your CAPES?

**LEADER CHECK**

*Reflection questions for this week:*

1. Am I focusing on what I can't control or what I can?
2. Which CAPES element needs the most work in my life?
3. Where have I been making excuses instead of taking ownership?

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*End of Week 4*

**Next Week: See Before You Solve**

## WEEK 5

# See Before You Solve

**Key Question:** *Do you really see what's in front of you?*

Most people think they're observant. They're wrong.

Here's a test: think about somewhere you go regularly. Without looking, describe: What color are the walls? How many windows? What's on the walls? Chances are, you struggled. You've been there hundreds of times but never really observed.

*You can't solve problems you don't see. You can't lead people you don't understand.*

### The OIL Method

**O — Observe.** See what's actually there—without judgment, without rushing to conclusions. Just look. Notice. Gather raw data with your senses.

**I — Interpret.** After observing, ask what your observations mean. What patterns emerge? Generate multiple possible interpretations—don't lock into one too quickly.

**L — Learn.** Apply what you've discovered. How does this observation change your approach, your decisions, your actions?

#### ANCHORED IN TRUTH

*Ears that hear and eyes that see—the LORD has made them both.*

— Proverbs 20:12

### The 30 Observations Challenge

Pick any object—a pen, a shoe, a cup. Write down 30 observations about it. Not interpretations ("it's old")—observations ("there are scratches on the surface"). This exercise trains you to see what's actually there.

**REAL TALK: Dan and the Candle**

Same situation: Dan notices a candle on the dinner table. Outcome 1: He doesn't really observe—just glances—and knocks it over, causing a fire. Outcome 2: He observes but interprets wrongly—assumes it's fake—and gets burned. Outcome 3: He observes carefully, interprets correctly, and safely moves it before sitting down. Same situation, three outcomes based on observation quality.

**TRY THIS TODAY**

- Do the 30 Observations Challenge with any object
- Practice OIL on a situation this week—separate observation from interpretation
- Notice when you jump to conclusions without observing first

**DISCUSSION QUESTIONS**

*For group study or personal reflection:*

13. Why do we skip observation and jump to interpretation?
14. What happens when we interpret before we fully observe?
15. Where has poor observation caused problems for you?

**LEADER CHECK**

*Reflection questions for this week:*

1. Am I a careful observer or do I jump to conclusions?
2. Where have I interpreted wrongly because I didn't observe well?
3. How can I practice deliberate observation this week?

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*End of Week 5*  
Next Week: Plan It: SAMPLE Goals

## WEEK 6

### Plan It: SAMPLE Goals

**Key Question:** *What's the difference between a wish and a goal?*

Everyone has wishes. Few have goals.

"I wish I was in better shape." "I wish I got better grades." Wishes are easy. They require nothing from you. Goals are different. Goals require commitment, specificity, and action. Goals are wishes that have grown up.

*Goals are wishes that have grown up.*

#### The SAMPLE System

**S — Simple.** If your goal requires a paragraph to explain, it's too complicated. One clear sentence.

**A — Applied.** Write it down. Put it where you'll see it. Review it regularly. Goals in your head fade away.

**M — Measurable.** You need to know if you're making progress. Numbers, deadlines, clear markers.

**P — Personal.** The goal has to be yours. Not your parents' goal for you. Not what looks good on applications.

**L — Living.** Goals should flex and adapt. Review regularly and adjust when needed.

**E — Expanding.** Good goals stretch you. If you can accomplish it without growing, it's not challenging enough.

#### ANCHORED IN TRUTH

*The plans of the diligent lead surely to abundance, but everyone who is hasty comes only to poverty.*

— Proverbs 21:5

## Goal Transformation Example

BEFORE: "I want to get in better shape"

AFTER: "I will complete Couch to 5K by April 30, running 3x/week (M/W/F mornings)"

### REAL TALK: The Planning Cycle

Dream It → Plan It → Do It → Review It. This cycle never ends. After reviewing, you dream the next goal, plan it, do it, and review again. Growth is continuous.

### TRY THIS TODAY

- Transform one of your wishes into a SAMPLE goal
- Write your goal where you'll see it daily
- Share your goal with someone who will hold you accountable

### DISCUSSION QUESTIONS

*For group study or personal reflection:*

16. What's a wish you've had that never became a goal?
17. Which element of SAMPLE do you usually miss?
18. Why is the 'Personal' element so important?

### LEADER CHECK

*Reflection questions for this week:*

1. Do I have wishes or goals?
2. Are my goals truly Personal, or are they someone else's expectations?
3. Am I reviewing my goals regularly, or do they sit forgotten?

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*End of Week 6*

Next Week: Do It: The Doit Family

## WEEK 7

### Do It: The Doit Family

**Key Question:** *How do you turn intention into action when motivation runs out?*

You can have the right mindset. You can see clearly. You can set perfect SAMPLE goals. And still accomplish nothing.

The gap between knowing what to do and actually doing it is where most people's dreams go to die.

*The gap between knowing and doing is where most dreams go to die.*

#### The Seven Doits

**Doit Now** — If it takes less than 2 minutes, do it immediately. Don't add it to a list.

**Doit Not** — Some things shouldn't be done at all. Learn to eliminate, not just prioritize.

**Doit Nightly** — Plan tomorrow before bed. 5 minutes of planning makes tomorrow dramatically easier.

**Doit Notched** — Break big tasks into small pieces. You don't eat an elephant in one bite.

**Doit Nevertheless** — Act on commitment, not feeling. "I don't feel like it—nevertheless, I will."

**Doit Next** — Always know your next action. Momentum matters. Keep moving.

**Doit Nobly** — Do it with excellence. How you do anything is how you do everything.

ANCHORED IN TRUTH

*Whatever your hand finds to do, do it with all your might.*

— Ecclesiastes 9:10

### **ANCHORED IN TRUTH**

*Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.*

— Colossians 3:23-24

### **REAL TALK: Doit Nevertheless**

This is the most important Doit for building discipline. Feelings are real, but they're not always right. You can feel like staying in bed and still get up. The feeling doesn't have to go away for you to act.

### **TRY THIS TODAY**

- Pick one task you've been postponing—Doit Now
- Tonight, practice Doit Nightly: plan your three priorities for tomorrow
- Identify one big project and break it into notches

### **DISCUSSION QUESTIONS**

*For group study or personal reflection:*

19. Which Doit do you need most right now? Why?
20. Why is motivation unreliable?
21. How does 'Doit Nobly' connect to character?

### **LEADER CHECK**

*Reflection questions for this week:*

1. What's the biggest barrier to action in my life?
2. Am I waiting for motivation, or acting on commitment?
3. Do I work with excellence even when no one is watching?

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*End of Week 7*

**Next Week: Finish It: The Bow-Tie**

## WEEK 8

### Finish It: The Bow-Tie

**Key Question:** *Do you think beyond the event itself?*

Picture a bow-tie. The center knot is the main event. But a bow-tie has two wings extending from that center—representing what happens before and after the main event.

Most people focus all energy on the center knot. Leaders think in bow-ties. They see the full picture.

*Projects have three phases, not one—and most people only plan for the middle.*

#### The Bow-Tie Method

**Pre-Event:** What needs to happen before? Preparation, resources, people informed, contingencies planned.

**Event:** Execute the plan, stay present, adapt as needed, handle surprises.

**Post-Event:** Debrief, thank people, close loops, document lessons. This is where most people drop the ball.

#### ANCHORED IN TRUTH

*The end of a matter is better than its beginning, and patience is better than pride.*

— Ecclesiastes 7:8

#### Post-Event Matters

The post-event phase is where:

- Relationships are solidified or damaged
- Lessons are captured or lost
- Loose ends get tied up or left dangling

- Reputation is built or undermined

**REAL TALK: The Thank-You Effect**

After a job interview, most candidates never send a thank-you note. Those who do stand out immediately. Post-event effort is high impact precisely because it's so rare.

**TRY THIS TODAY**

- Think of an upcoming event—write out all three phases
- Identify something you recently finished—did you do post-event? If not, do it now
- Send a thank-you note or follow-up message after something this week

**DISCUSSION QUESTIONS**

*For group study or personal reflection:*

22. Which phase do you tend to neglect most?
23. Why do most people skip the post-event phase?
24. How does finishing well affect your reputation?

**LEADER CHECK**

*Reflection questions for this week:*

1. Do I think through all three phases before starting something?
2. Who do I need to thank or follow up with from a recent event?
3. What would change if I consistently finished everything I started?

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*End of Week 8*  
**Next Week: Speak Up**

## WEEK 9

# Speak Up

**Key Question:** *Can you communicate clearly in everyday situations?*

Leadership is influence. And influence travels through communication. If you can't communicate your ideas, your leadership is crippled.

*If you can't communicate well one-on-one, you won't communicate well one-to-many.*

## The Foundation: Listening

Most people think communication is about speaking. But the foundation of good communication is listening.

- You can't respond well to what you didn't understand
- People trust those who listen to them
- Listening is how you gather information for good decisions

**Active listening** means fully focusing on the speaker, understanding their message, and responding thoughtfully. It requires silencing your internal monologue.

### ANCHORED IN TRUTH

*Everyone should be quick to listen, slow to speak and slow to become angry.*

— James 1:19

## How to Listen Better

- 1. Put away distractions.** Phone down. Eyes on the person. Full attention.
- 2. Don't interrupt.** Let people finish their thoughts. Even if you think you know where they're going.
- 3. Ask clarifying questions.** "What do you mean by...?" "Can you give me an example?"

**4. Summarize what you heard.** "So what you're saying is..." This confirms understanding.

**5. Listen for feelings, not just facts.** Notice tone, body language, what's not being said.

**REAL TALK: The 24-Hour Rule**

When you receive a message that makes you angry or upset, wait 24 hours before responding. Your first reaction is rarely your best response. Many conflicts exist only because someone replied in the heat of the moment.

**TRY THIS TODAY**

- Practice listening 80% and speaking 20% in your next conversation
- When someone is talking, put your phone completely away
- Before sending an important text, read it aloud—does it sound right?

**DISCUSSION QUESTIONS**

*For group study or personal reflection:*

25. What's harder for you—listening or speaking? Why?
26. How has digital communication affected your relationships?
27. Why does James say to be 'slow to speak'?

**LEADER CHECK**

*Reflection questions for this week:*

1. Am I a better listener or talker? What would others say?
2. Do I check for understanding, or assume my message landed?
3. What hard conversation have I been putting off?

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*End of Week 9*  
**Next Week: Stand Up**

# WEEK 10

## Stand Up

**Key Question:** *What would you say if you weren't afraid?*

I dropped out of a college public speaking class. I was terrified. Every week I found an excuse not to be there. Eventually I just dropped the class.

Today, I've spoken to thousands of people. What changed? Not my natural ability—I'm still the same person. What changed was one simple insight.

*What changed wasn't my ability. What changed was where I put my focus.*

### The Secret

Fear of public speaking is almost always **fear of yourself**.

What are you actually afraid of? "What will they think of ME?" "What if I mess up?" "What if I look stupid?" Notice all those "I"s? The focus is entirely on yourself.

The shift that changes everything: **Focus on your message and your audience instead of yourself.**

When you're consumed with serving your audience—with giving them something valuable—you forget to be afraid. Self-consciousness disappears because you're not thinking about yourself.

#### ANCHORED IN TRUTH

*The LORD said to him, 'Who gave human beings their mouths?... Now go; I will help you speak and will teach you what to say.'*

— Exodus 4:11-12

### Practical Preparation

**1. Know your core message.** If they forget everything else, what must stick?

2. **Know your audience.** Who are you speaking to? What do they need?
3. **Structure simply.** Opening, 2-3 main points, Closing.
4. **Practice out loud.** Not in your head—out loud. Record yourself.
5. **Arrive early.** Get comfortable with the space. Familiarity reduces fear.

**REAL TALK: The Moses Principle**

Even Moses felt inadequate. God's response wasn't to make Moses a polished speaker—it was to promise to help him. Your job is to show up. God can work through imperfect messengers.

**TRY THIS TODAY**

- Volunteer to speak in some small setting this week
- Practice a 2-minute talk out loud, focusing on your message
- Before your next speaking opportunity, write: 'My message matters because...'

**DISCUSSION QUESTIONS**

*For group study or personal reflection:*

28. What specifically scares you about public speaking?
29. How does 'focus on the message' change your approach?
30. What message do you have that's worth overcoming fear to share?

**LEADER CHECK**

*Reflection questions for this week:*

1. What's the real source of my fear of speaking?
2. Do I have a message worth sharing? What is it?
3. What small speaking opportunity could I pursue this week?

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*End of Week 10*

[Next Week: Lead Your Life First](#)

## WEEK 11

# Lead Your Life First

**Key Question:** *Can you lead yourself before you lead others?*

Here's the truth that underpins everything: **You cannot lead others beyond where you've led yourself.**

Skills without character collapse under pressure. Influence without integrity corrupts. Competence without conviction wanders aimlessly.

*You cannot lead others beyond where you've led yourself.*

## Character Comes First

Consider two leaders with equal skill:

- One is honest; the other cuts corners when convenient
- One keeps promises; the other makes excuses
- One is the same in public and private; the other has two faces

Over time, the second leader fails. Character is what sustains leadership over the long haul.

## Get Right With Your Creator

When your foundation is the Creator Himself, you have:

- **Accountability**—An audience of One who sees everything
- **Purpose**—Work that matters beyond this life
- **Standards**—Ethics grounded in something higher than opinion
- **Identity**—Worth that doesn't depend on performance
- **Hope**—Confidence that transcends circumstances

### ANCHORED IN TRUTH

*The fear of the LORD is the beginning of wisdom, and knowledge of the*

*Holy One is understanding.*

— Proverbs 9:10

## Get Right With Yourself

Self-leadership means managing yourself effectively:

- **Know your strengths**—what you do well and should develop
- **Know your weaknesses**—where you need help or growth
- **Know your triggers**—what provokes you, discourages you, tempts you
- **Know your values**—what you'll stand for and what you won't

## Get Right With Others

- **Clean up relational messes**—apologize, forgive, reconcile
- **Build trust**—through consistency, honesty, and care
- **Find mentors**—seek wisdom from those ahead of you

### TRY THIS TODAY

- Write a personal mission statement: Who do you want to be? Why?
- Identify one area where your private life doesn't match your public image
- Find a mentor and ask if they'd meet with you

### DISCUSSION QUESTIONS

*For group study or personal reflection:*

31. Why does character matter more than skills in the long run?
32. What does 'getting right with God' look like practically?
33. Who is one person you need to reconcile with?

### LEADER CHECK

*Reflection questions for this week:*

1. Is my private life consistent with my public image?
2. Am I right with God? If not, what's holding me back?

**3.** What kind of leader do I want to be remembered as?

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*End of Week 11*  
Next Week: Now Go Lead

# WEEK 12

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## Now Go Lead

**Key Question:** *What will you do with what you've learned?*

You've made it to the end. And that means something. Most people don't finish things.

But this isn't really an ending. It's a beginning. Everything you've learned is only valuable if you use it.

*Everything you've learned is only valuable if you use it.  
The real work starts now.*

### Framework Review

**Growth Mindset:** Your abilities can grow through effort and strategy. "Not yet" is powerful.

**Servant Mindset:** The best leaders lead by serving. Focus on helping others succeed.

**CAPES:** Choices, Attitude, Perspective, Effort, Stewardship—what you always control.

**OIL:** Observe, Interpret, Learn—see clearly before you act.

**SAMPLE:** Simple, Applied, Measurable, Personal, Living, Expanding goals.

**Doit Family:** Seven activators for turning intention into action.

**Bow-Tie:** Pre-event, Event, Post-event—think through the full picture.

### Your Commission

**Lead where you are.** You don't have to wait for a title. Start with your sphere.

**Lead with what you have.** Stop waiting for more resources. Use what's in your hands.

**Lead as who you are.** Authentic leadership flows from your actual identity.

**ANCHORED IN TRUTH**

*Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.*

— Joshua 1:9

## Your First Assignment

- 1. Identify one place you can lead.** Where do you already have influence?
- 2. Set one SAMPLE goal.** What's one leadership goal for the next month?
- 3. Take one action.** Do it Now. One concrete step this week.
- 4. Tell one person.** Share your goal with someone who will hold you accountable.
- 5. Review weekly.** Schedule 15 minutes to assess progress.

*The world is waiting for you. Not the you who thinks you're not ready—the you who exists right now.*

**TRY THIS TODAY**

- Complete your first assignment this week
- Write down your biggest takeaway from this course
- Identify who you will teach what you've learned

## DISCUSSION QUESTIONS

*For group study or personal reflection:*

34. What concept was most impactful for you? Why?
35. Where will you apply what you've learned first?
36. Who will hold you accountable after this course ends?

**LEADER CHECK**

*Reflection questions for this week:*

- 1.** What's my one leadership goal for the next month?

2. Who am I telling about this goal?
3. When am I scheduling my weekly review?

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**Now go lead.**

— *The Anchored Institute* —

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