

LeaderPrep: Teen Edition

FRAMEWORK QUICK REFERENCE

CAPES

What you can ALWAYS control, no matter the circumstances

- C — Choices:** Every moment, you decide your next action
- A — Attitude:** Your posture toward circumstances—hope or despair
- P — Perspective:** The meaning you assign to events
- E — Effort:** How hard you try, how much you invest
- S — Stewardship:** What you do with what you've been given

— *Colossians 3:23*

OIL

See clearly before you act—observation is the foundation

- O — Observe:** See what's actually there without judgment
- I — Interpret:** Ask what your observations mean
- L — Learn:** Apply discoveries to your decisions and actions

— *Proverbs 20:12*

SAMPLE

The difference between a wish and a goal

- S — Simple:** One clear sentence—you know exactly what you're doing
- A — Applied:** Written down, scheduled, part of your routine
- M — Measurable:** Numbers, deadlines, clear markers of progress
- P — Personal:** Truly yours, not someone else's expectation
- L — Living:** Reviewed regularly, adjusted when needed
- E — Expanding:** Stretches you beyond current ability

— *Proverbs 21:5*

DOIT FAMILY

Seven activators for turning intention into action

- 1 — Doit Now:** If it takes <2 min, do it immediately
- 2 — Doit Not:** Some things shouldn't be done at all
- 3 — Doit Nightly:** Plan tomorrow before you sleep

- 4 — **Doit Notched:** Break big tasks into small pieces
- 5 — **Doit Nevertheless:** Act on commitment, not feeling
- 6 — **Doit Next:** Always know your next action
- 7 — **Doit Nobly:** Excellence as a habit—how you do anything

— Ecclesiastes 9:10

BOW-TIE

Think through the full picture—before, during, and after

- ← — **Pre-Event:** What needs to happen before? Prepare, plan, anticipate
- — **Event:** Execute well, stay present, adapt as needed
- — **Post-Event:** Debrief, thank people, close loops, document lessons

— Ecclesiastes 7:8