

# BELIEVE IN YOU

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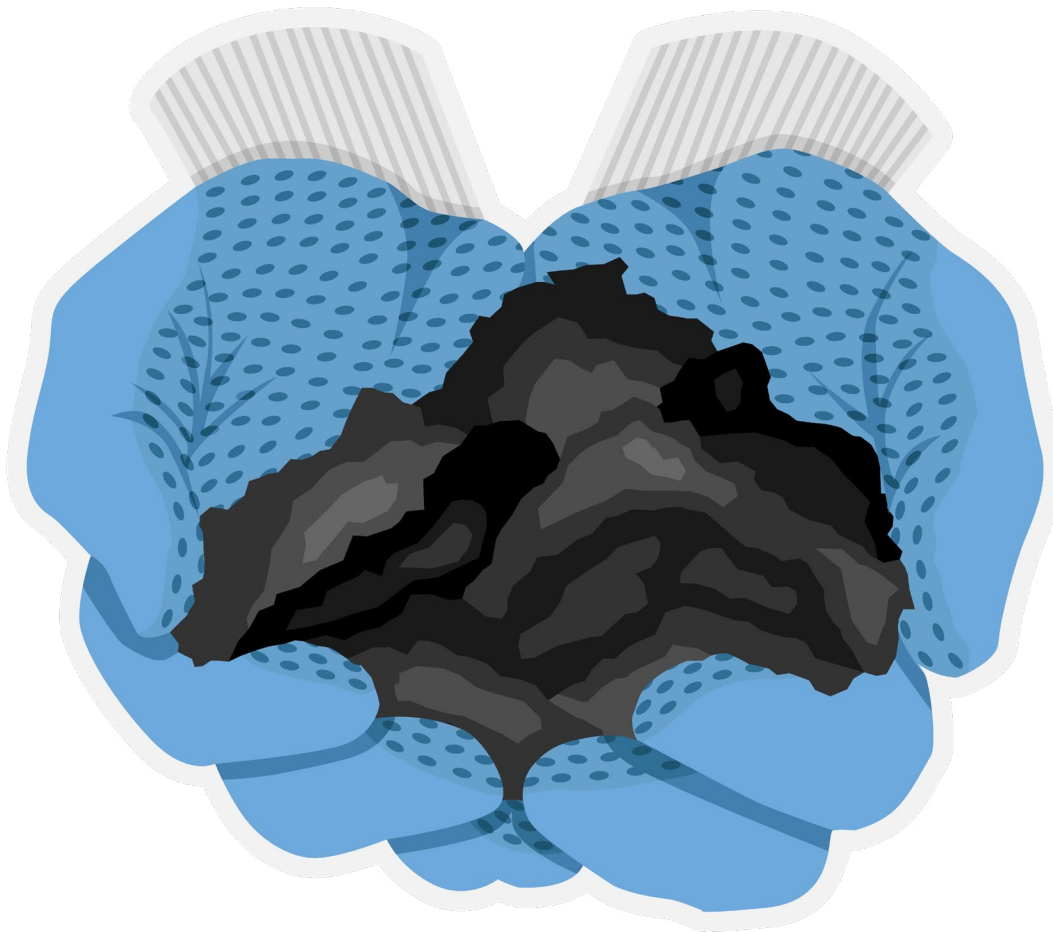
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# HUMILITY

Gratitude with a purpose.

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A 5 DAY JOURNAL EXPERIENCE



This journal is designed for students and adults. *Go Be Great!*

# BELIEVE IN YOU

## HUMILITY

/noun/

A freedom from excessive pride, arrogance and ego.

### Welcome to the 5 Day Humility Journal.

Great leaders are typically portrayed as strong, powerful and confident. These characteristics don't necessarily make us think of someone who is humble. That's because true humility is often misunderstood. It is absolutely true that great leaders can be strong and confident while also being humble.

This 5 day journal experience will explore a specific type of humility that we want to help you develop. It's called **appreciative humility**. It's a characteristic often inspired by team success and is demonstrated through the celebration of others. Appreciative humility allows us to appreciate the people and events that have helped develop our personal greatness, while living free from the negative temptations of the ego.

Wow, that's deep! Fortunately, it's not complicated. This journal is designed to help you develop your own *appreciative humility* while unlocking understanding and appreciation for the journey ahead.

We created this journal because we believe in your unique greatness. **Yes, you.** Now – go prove us right. GO BE GREAT!

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### We Believe In You. Prove us right.

This journal is free to everyone as a public service of Varsity Brands.

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# BELIEVE IN YOU

Tame your ego and let go of comparison.

**Every person has an ego.** In simple terms, it's the voice inside our heads that recognizes the self. Ego whispers words that tell us who we think we are, and what we think is most important.

Healthy ego gives us the confidence to win the day and strive toward progress. Unhealthy ego drives us to constantly compare ourselves to others and relentlessly seek approval.

**Humility tames the ego and helps us let go of insecurity.**

**Choose your purpose.**

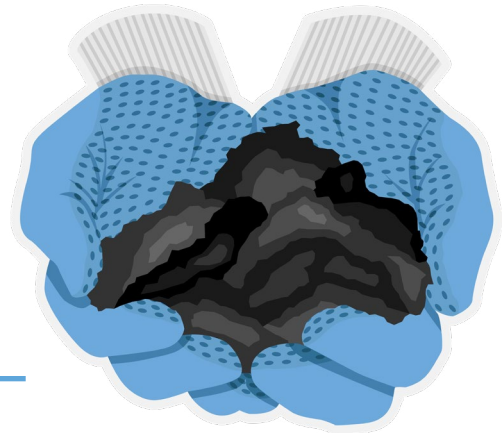
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**DAY 1**

Swap the drive for approval with the drive toward purpose.

Don't let your ego fool you – **purpose is a decision.** You don't find your purpose, you decide what it will be and you work consistently to make daily progress. You also have the freedom to change your purpose and evolve over time. Tame your ego. Choose your purpose and share your greatness.

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**On this page,** you have two choices:

- 1) Write down your purpose and describe it in five sentences or less.
  - 2) List two possible purposes that interest you with 1 or 2 sentences that describe each.
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# BELIEVE IN YOU

Celebrate others – help them find their greatness.

**Let your greatness elevate the greatness in others.** That's how great teams are built and how champions are born.

No one has ever achieved greatness without the help of other people. Teams don't win without teammates working together. Find your team. Celebrate them. Elevate the people around you. Encourage their purpose and unlock their greatness.

## DAY 2

### Find your team.



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The greatness in others will elevate your greatness. The product of your combined energy is greater than any individual effort.

Allow yourself to celebrate each person's unique contributions and talent. Express gratitude for your team – together you will accomplish amazing things.

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**On this page,** you have two choices:

- 1) Write the name of a friend or peer who always supports you. List three ways that you can celebrate and support them.
  
  - 2) Write the name of a mentor who believes in you and supports you. List three ways that you can celebrate and support them.
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# BELIEVE IN YOU

Everyone needs help. It's okay to ask for it.

There's a saying, "If you're the smartest person in the room, then you're in the wrong room!"

When you stop allowing your ego to force you into unhealthy comparisons, you open yourself up to incredible support and assistance. The journey toward your purpose will require you to ask for help at some point. It's okay. **Allow others to help you unlock your greatness.**

## Everyone gets stuck.

## DAY 3

Fact: You will face a challenge that will require more than what you can give – mentally, emotionally, and/or physically.

Appreciative humility unlocks the help you need and allows you to grow and expand through the support of others. Remember, it's okay – ask for help.



**On this page,** you have two choices:

- 1) Imagine a friend is asking you for help and you're willing to help. Write a short conversation between you and your friend.
- 2) Imagine you're asking a mentor for help and they say yes. Write a short conversation between you and your mentor.

# BELIEVE IN YOU

Be coachable. Coachability is a superpower.

**Everyone has something to teach you if you're open to learning.** What does it mean to be coachable? How can you become a more coachable person?

There are four keys to unlocking this superpower. Each key is listed below. Tame your ego. Let go of comparison. Be coachable and unlock your purpose.

## DAY 4



### Four keys to unlocking coachability:

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- 1. Listen when someone is helping you.** Be hungry for the information they're giving.
  - 2. The people helping you want what's best for you.** They want you to succeed.
  - 3. Do not make excuses.** Excuses are manipulations of the ego. Don't say, "yeah, but..." That's an excuse.
  - 4. Ask questions. Be curious.** Ask your question, and remember to listen.
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**On this page,** you have two choices:

- 1) List a topic that interests you. Next, write three questions that will help you learn more about that topic.
  - 2) Name any person in the world that you would like to learn from. Write three questions that you'd ask that person.
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# BELIEVE IN YOU

Prove them right.

Remember the teammates, coaches, and mentors that we've been talking about in the first four days of this journal?

**They believe in you.**

They're giving you wisdom and encouragement because they believe you will succeed, and that your purpose will make the world a better place. Now, do the work. Be coachable.

**Prove them right.**

**Demonstrate appreciation with action.**

## DAY 5

Some people have twenty teammates behind them. Most people are lucky to have one person in their corner. That's all you need.

Read these words and hear this message:

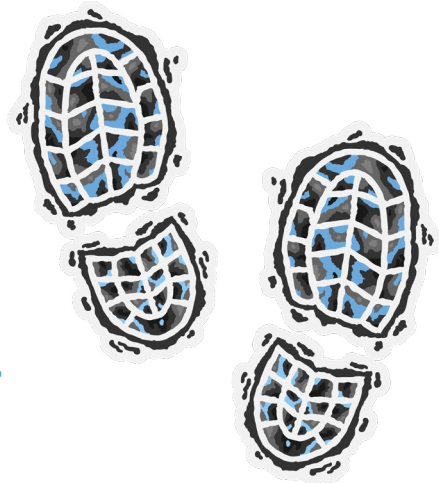
**We Believe In You.**

This journal is our way of coaching you. We know you can succeed. Your purpose is important. **Do your part. Prove us right.**

**On this page,** you have *one* choice:

- 1) Write the name of at least one person who is there to encourage you. *Maybe it's the Believe In You team!*

Write a statement of appreciation you can read to them after you prove them right!



# BELIEVE IN YOU

## Humility is gratitude with a purpose.

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In your own words, what is appreciative humility and why is it important?

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Now it's time to demonstrate appreciation with action!  
What is one thing that you'll do today to work toward your purpose?

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What is one thing you'll do tomorrow to continue your progress?

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What is one thing you'll do next week?

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# BELIEVE IN YOU

## LEAD BY EXAMPLE Priority Learning Outcomes

Based on CADA Student Leadership Standards

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This journal-based experience is designed to help individuals reach the following leadership outcomes:

### Communication

- Individuals will reflect on successes and areas for growth with growth mindset and optimism.

### Personal and Social Development

- Individuals will identify emotions, thoughts, and values that impact behavior and self-efficacy.
  - Individuals will analyze personal strengths and areas for improvement with healthy self-perception, self-competence, and growth mindset.
  - Individuals will access and utilize self-management and self-regulation tools and strategies related to stress, motivation, discipline, and impulse control.
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**We Believe In You. Prove us right.**

For more information about the CADA Student Leadership Standards visit [www.cada1.org](http://www.cada1.org)

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