

Cultivating Leadership Superpowers

Course #1

“Learning to Manage Myself”

Personal Development Elective



H.S. Workbook Version 1.11

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With special thanks to Braden and Jan. Excellent work! A few words here don't do justice to the huge efforts each of you made to help bring this together.

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And to Hudson, Hunter, Graham, and Eden who each contributed counsel and feedback.

And most of all, to Heidi. Thank you for coaching me to be a better teacher, and especially for 30 wonderful years of exceptional, patient, diligent teaching within our family. I give you my deepest love and gratitude.

Launch Leadership Development

Launch-Lead.com



Date: Today

Time: To learn & grow

Dear Launch Student,

Welcome to our course, **Cultivating Leadership Superpowers!**

As one who has coached, taught, and employed young people, and made a personal study of those who grow and those who don't, I'm excited to share this rich concentration of personal development material with you. This course is loaded with valuable lessons and challenging questions designed to help you grow.

When you were a child, others did things for you. They dressed you, fed you, and laid out your studies for you. But **very soon, you're going to be completely responsible for yourself.** Others can't live your life for you, so don't wait around for family or friends to tell you what to do with your life. It's time to turn the corner, study the path in front of you, chart your course, and be the engine that makes growth happen in your life.

Although this course is titled "Cultivating Leadership Superpowers," it's not just for leaders. This course was forged in our business over the past 25 years and is adapted from the program we use to train our managers. The skill of **"learning to manage myself" is one of the most valuable skills you can build.** If you learn to do this, many of the hardest things in life get easier, and you'll find yourself growing quickly, and whole fields of opportunity will open in front of you.

The term "Superpower" is overused in our present culture. It may seem overwrought as a title for this course. But in the real world in which our business operates, someone who does their job... well... every time... that person is a superhero in the real world. **It's simple. But it's not easy. Superhero strength requires both awareness and practice,** and that is precisely what I hope this course does for you. I hope it gives you a clear vision for "how to grow," and gives you a good start in the right direction.

We've sought to do our very best as teachers. We also see ourselves as "helpful counselors and librarians," introducing you to other content creators, such as authors and speakers and podcasters, throughout this course. All the material we source is available in the public domain or is used by permission from the content creators. We believe that content creators should be paid for their work, so if you find yourself intrigued by their message, be sure to **check out their additional materials.** And don't be stingy. Use their free stuff, of course, but pay for the things you should.

Oh, and I must say one more thing about these creators. Although many have good things to say, be sure to watch our video "The Tale of the Weedy Garden." The real world can be rough-and-tumble. The marketplace of ideas is full of humans. Humans tend to give mixed messages. So, as you're watching and listening, **practice discernment.** Put the weedy thoughts where they belong and gather the good nutritious stuff. And...just one more caution...a few salty words may pop out of their message, so be prepared. Forewarned is forearmed, as they say.

Now, my friend, **my hope for you is that you flip that switch inside yourself.** You know, the one marked "I'm gonna take responsibility for myself." Or maybe it says..."I'm going to learn how to manage myself." Whatever you labeled that switch on that engine inside you, that's what I want for you. There's an old Irish blessing that goes like this,

May the road rise up to meet you,
May the wind be always at your back,
May the sun shine warm upon your face,
And the rain fall soft upon your fields,
And until we meet again,
May God hold you in the hollow of his hand.

I'm confident that if you humble yourself, dig in, and apply yourself to practicing faithful care, **you'll experience the great benefits that come from a well-managed life.** In a way, the road will, indeed, rise to meet you just a little more, and the wind will be a little more at your back as you step out into the next phase of your life journey.

May God bless you,

Trent D. Schrock

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Introduction (21 Virtues):

- Welcome Videos
- Introduction to Personal Virtues
- Introduction to Project Virtues
- Introduction to People Virtues
- Outro Video

Virtue Videos:

Personal:

**Introduction Video

- 1) Humility
- 2) Self-control
- 3) Personal Excellence
- 4) Resiliency
- 5) Self-awareness
- 6) Courage
- 7) Integrity

Project:

- 1) Responsibility
- 2) Commitment
- 3) Preparation
- 4) Planning
- 5) Persistence
- 6) Orderly
- 7) Mission-minded

People:

- 1) Considerate
- 2) Compassionate
- 3) Communication
- 4) Gentle
- 5) Valuing Others
- 6) Relatability
- 7) Peacemaking

Advanced Lessons:

Personal Management:

Introduction Video

Humility: The main ingredient for true success

Start With Why: What is your motivation?

Compound Effect: Overview/introduction

****Compound Effect – Extra Modules:**

The Compound Effect in Action: Make time and consistency work for you

Choices: Decision Making skills and owning your choices

Habits: Developing good habits to reach your goals

Momentum: The power of solid routines

Influences: What are your inputs?

Acceleration: How to achieve more faster

Project (Advanced)

Stewardship: Overview of the meaning of stewardship

Orderliness and 5S: Personal application of organization and 5S

Constraint Management: The theory of constraints

****Stewardship – Extra Modules:**

Time: Managing your time well

Talent: Understand your gifts

Treasure: Personal finance wisdom

Temple: Self care pays off

Tactics: Project math and utilizing resources well

People Management

Shepherding: Practicing genuine care

Trust and Trustworthiness: How leaders build trust

Conflict Resolution Management: Techniques to build better relationships and functioning teams

****Shepherding – Extra Modules:**

Understanding others

Leading yourself first to better lead others

Creating an emotionally safe environment for your team

Outro Video

Needed Materials:

Notebook or journal
for hard copy notes

Required Reading books: (hardcopy or free online)

The Compound Effect

- Darren Hardy

The Goal

- Eliyahu M. Goldratt

Total Money Makeover

- Dave Ramsey

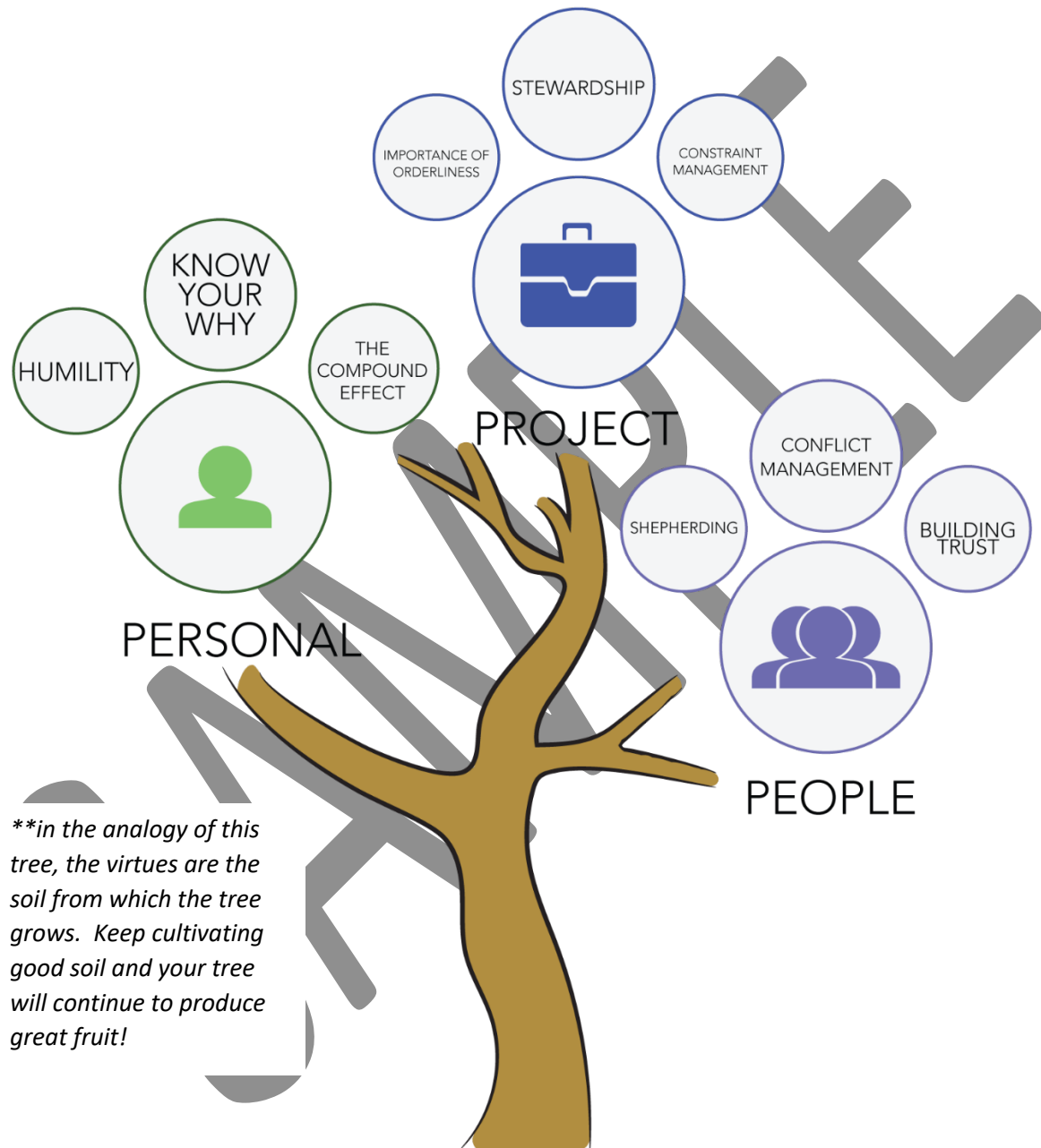
Computer rather than phone

Headphones if desired

Stable internet connection

The Advanced Lessons:

Welcome to the advanced lessons in this course! Here we begin building on the foundation of the virtues you learned in the previous section as we look at nine main branches in personal, project, and people management.



We'll also have some "extra modules" to go even further into some important topics like "The Compound Effect", Stewardship, and Shepherding. Enjoy learning, and don't forget to continue taking great notes and teaching what you've learned to someone else! This will not only benefit your audience but will also help you lock in these important lessons. Before we begin, however, a quick lesson from Trent.

3 Main Trunks – Personal

Humility is a critically important virtue which is why we return to it here. Try practicing humility by seeing what new lessons you can learn today!

Humility (Advanced)

1. What moved you to take notes in these two videos? List three notes that you thought were important from each video.

2. How would you explain humility and the idea of having an accurate view of oneself to a child?

3. Would the people in your life describe you as a humble person? Explain:

4. Do you have an accurate view of your gifts/strengths as well as the gifts/strengths of those around you? Are you able to appreciate when someone is better than you at something and collaborate with them? Explain:

5. How do you react to failure? How do you handle praise? How about criticism?
