

Luck

THE POWER OF INITIATIVE A 21 Day, Self-Motivating Challenge for Kids

Initiative is your ability to start something that's helpful and responsible all on your own.

Your **will power** is one of the strongest parts of being a human. It allows you to stand up for what you believe in and move toward your goals even when you feel like giving up.

When you have “**good will power** and the **will to do good things**”, your life seems like it’s filled with lucky feelings and opportunities.

Use your super human power of **good will** to start something new, take action or do a deed that will prove to yourself that **you are capable of making great decisions all on your own**.

Move through the list of tasks in the idea box on the next page to help you find your initiative spark. Then, get creative and come up with more specific things you can do to build your ability to build your luck.

Warming Up:

Answer the questions below to help you get started. Then, fill in your checklist on the next page and start taking action toward your 21 days of initiative.

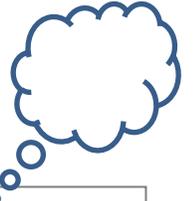
1. What is something people (teacher, parent, coach, sibling etc.) usually do for you that you can easily do for yourself? If you have trouble answering this question, ask the person you are thinking of to give you a few ideas.
2. What is one thing that you would like to do for a friend that could make their day better?
3. What is one thing that you would like to start doing for a family member that could make their day better?
4. What is one thing you would like to start doing for yourself to make your own day better?



Getting Started:

Look at the items in the idea box. Choose an idea and add more details to make it specific to your life. Then write it next to the day you wish to complete the task. Check off the box each day a task is complete. Use the idea box to guide your answers, but be creative and make up some of the tasks on your own. Take the initiative and do things that you know others would appreciate- help them feel lucky and soon you will too!

21 DAY INITIATIVE CHALLENGE



- Day 1: _____
- Day 2: _____
- Day 3: _____
- Day 4: _____
- Day 5: _____
- Day 6: _____
- Day 7: _____
- Day 8: _____
- Day 9: _____
- Day 10: _____
- Day 11: _____
- Day 12: _____
- Day 13: _____
- Day 14: _____
- Day 15: _____
- Day 16: _____
- Day 17: _____
- Day 18: _____
- Day 19: _____
- Day 20: _____
- Day 21: _____

Idea Box

Do a Task:

Fold the Laundry
Put Away Dishes
Gather or take out the trash
Clean your room
Organize a messy space

Help Someone

Make Lunch
Volunteer
Get a glass of water for someone

Show Appreciation First:

Make a card
Send a thank you text
Write a letter of appreciation
Say I love you
Make a gift

Start Something New:

Start a new project
Learn something different

Responsibility:

Get ready for bed-before asked
Make a list of personal goals

Add to each idea above and think of more on your own!



Fantastic! You are on your way to being a self-starter who takes responsibility for your luck!