

it's Your Life...
Are You Ready?



How Valuable Is Your Time?

Can you put a price on an hour of your time? You probably could—after all, that's how you determine how much money to charge for babysitting, snow shoveling, or any other service you might offer to make money. You may even feel your time is more valuable if you're required to do labor-intensive tasks or work at a time when you'd rather be doing something else, like on a Saturday night, and so charge more money per hour.



Now think about this: could your time be valuable in a way that's hard to put a price on? We're talking about volunteering your time to serve others in your community. Many non-profit and service organizations like food pantries, soup kitchens, Big Brothers Big Sisters of America, the Salvation Army, and others are always in need of people to donate their time to help others.

Imagine donating an hour of your time each week to mentor a young child or feed those who would otherwise go hungry. The value you give to others and the value you receive in turn when you volunteer goes beyond the simple value of a few dollars. When you look at the potential value of your time and energy this way, you'll realize just how much you have to offer the world!

Be a Leader in 5 Steps

Everyone has the ability to provide leadership to others in some way. You can even be a leader to those older than you! That's because at the core of every opportunity for leadership are people looking to trust someone who has integrity and passion and who takes responsibility.

Here are five steps to becoming that kind of person—a leader—in your everyday life without having to give grand speeches or wear a nametag that says "President."

1. **Keep promises.** Trust is a huge part of being a leader, and it's earned when you are a person of your word. Breaking promises, on the other hand, is a fast way to undermine your credibility and reliability. Keeping promises can be challenging, so only make ones you're confident you can follow through on. This will also develop discipline and integrity.
2. **Treat others as you wish to be treated.** This golden rule is about fairness, keeping a level head in heated situations, valuing others, and acting on empathy. Following this rule is one of the best examples of how you can lead by example of your own behavior. Others will see this and want to be like you—or they'll want their kids to be just like you!
3. **Recognize and appreciate strengths in others.** Leadership isn't about simply telling others what to do. It's often more about recognizing the talents in others and appreciating them. You can do this with compliments and by finding ways they can use their strengths to really shine.
4. **Ask for feedback.** Asking for feedback from mentors, teachers, teammates, etc. shows a commitment to growing and becoming a better student, friend, sibling, and leader.
5. **Communicate.** By sharing your expertise, insights, and lessons you've learned in life, you're teaching others how to apply that knowledge so they don't make the same mistakes. Clearly communicating ideas and emotions is also crucial when it comes to strengthening all types of relationships.



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