

# FOCUSLIFE INSTITUTE

Practical, Proven Solutions For Personal & Professional Growth

## HEROES – Develop Character and Values



### HEROES HOW TO DEVELOP CHARACTER AND VALUES

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## Lesson 1 and 2 – HEROES Principles

**Question:** Please list 2 personal heroes that you have looked up to in your life and list what traits they possess that make you look up to them?

1.

2.

**Question:** Please review the list of 10 traits of great leaders and detail two personal experiences. First, describe an experience with a great leader and what did you learn from that experience? Secondly, describe an experience with a poor leader and how would you have behaved differently.

1.

2.

**Question:** Please review the 10 areas and list two areas where you need to focus on and begin to incorporate these into your daily routine.

1.

2.

### Lesson 3 – HONOR

**Question:** Please list two situations (individuals) that you need to focus on and restore a relationship. The rewards of walking in the culture of honor are waiting to manifest in your life.

1.

2.

## Lesson 4 – Excellence

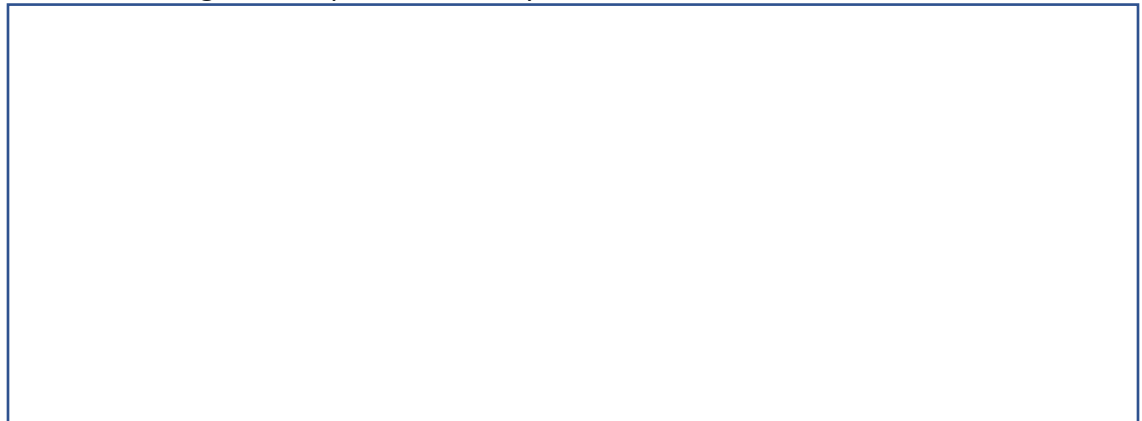
**Question:** Take inventory of your personal conduct or behavior and identify the areas that you need to change.

**Answer:**



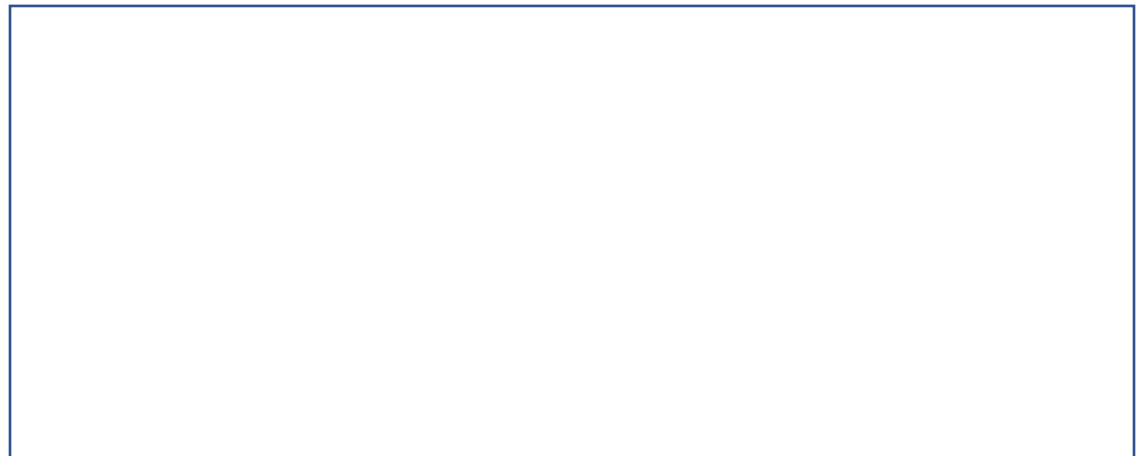
**Question:** Ask some close friends to help you identify a specific area where can grow in the area of excellence. You might be surprised at what you hear.

**Answer:**



**Question:** Look for ways to improve a situation everyday by adding excellence to the mix.

**Answer:**



## Lesson 5 – Responsibility

Start taking responsibility in a small thing and then work your way up to greater areas of responsibility. Remember, if you are unfaithful in a small matter, then you will be unfaithful in a larger more important matter.

When you start taking responsibility for your actions people will notice and then begin to ask you to take on greater responsibility which will provide you with greater rewards ahead. Be prepared for it!

**Question:** Identify an area where you need to step up and take more responsibility and you will begin to see how others will compensate your actions.

**Answer:**



## Lesson 6 – Order

**Question:** Is there anything in your life right now out of order? Please take personal inventory and identify any specific area(s) that you can reposition to bring order to your life.

**Answer:**

**Question:** Look for ways to change the atmosphere in your school, job or at home. If someone is operating in strife, then you offer harmony and peace.

**Answer:**

## Lesson 7 – Expectations

Please review your current personal goals. Maybe you have not set any goals. Please do and raise the level of expectation to achieve these goals.

Identify opportunities that can help you achieve these goals. Study and gain information that will help you begin to see that your expectation is high enough to achieve anything you desire.

In a current situation where you are involved, how will you raise your expectation higher? Add some type of action step to increase your expectation for greater results.

Answer:

### Lesson 8 – Servanthood HEROES

Look at ways to serve others on a daily basis such as helping an older person.

**Question:** Identify a place where you can improve your community or offer some type of humanitarian value.

Answer:

### Lesson 9 – Favor

No Questions

## Lesson 10 – The HEROES Effect Profile

**Question:** Capture your results of your HEROES Profile and list in order from highest to lowest.

**Question:** List the 2 areas that you are the weakest in and create a 40 days of focus plan to improve on these areas.

Area 1:

Area 2:

### My 40 Days of Focus Plan

40 Days of Focus Beginning Date:

Area of Focus:

People or Task Focus Area: Family members, peers, co-workers, or specific tasks.

Action Plan: List specific areas you can focus on to make this change.



List specific things you did during the day or week that made changes in your behavior. Add your own weekly recap for the next 6 weeks and journal your results.

### Lesson 10 – Summary HEROES

BE A HERO TO SOMEONE TODAY!

**For additional courses, please view our website.**

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