

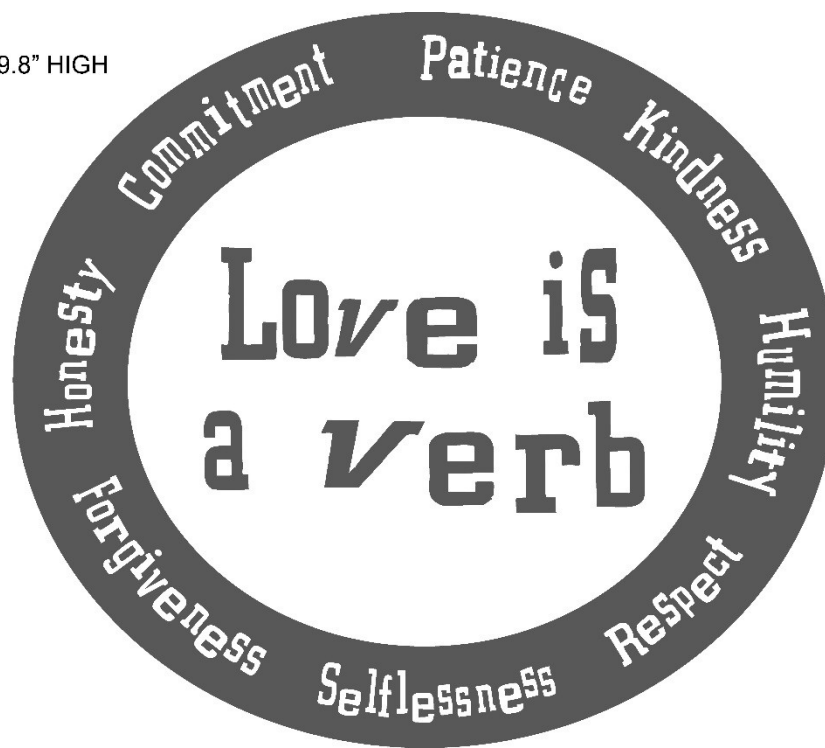
Servant Leadership

Advanced 25 Day Character Dare

Name: _____

Accountability Partner: _____

11" WIDE x 9.8" HIGH



Advanced Character Challenge

Dare 1: Commitment. We dare you to commit to a new physical activity that will improve your health and do it at least once a day. Do not stop when this dare is finished; make it a part of your daily routine! Commit to being healthier this school year. **We know you can do it because you are awesome! 😊**

Dare Summary:

Feedback from teammate:

Dare 2: Kindness. We dare you to begin the year by killing someone with kindness. Choose to be nice to someone who you have observed is not normally kind to others. Try and make this person's day brighter through a positive attitude towards them. You could compliment them, hold the door open, smile at them when you pass them in the hallway, or invite them to sit with you at lunch or on the bus. Reach out through kindness! **Positive change begins with you!** 😊

Dare Summary:

Feedback from teammate:

Dare 3: Selflessness. We dare you to do a chore every day this week around your house without being asked. Make it a different chore each day and look for new ways to be helpful. You may not complain, whine or point out your kindness to anyone else. If a family member or roommate notices your good deed, simply say you were happy to help and appreciate being a member of your household. **Lead by example...it works! ☺**

Dare Summary:

Feedback from teammate:

Dare 4: Humility. We dare you to ask three of your closest friends or family members to tell you 3 things about you that they do not like or that you could improve on in your relationship with them. Be respectful by allowing them sufficient time to tell you before reminding them. Ask for their feedback genuinely and respectfully and accept what they say without complaint and with appreciation. In response, write them a card stating how you plan to improve and take at least one step towards making that change. **Be the best you can be...start today!** 😊

Dare Summary:

Feedback from teammate:

Dare 5: Patience & Commitment. We dare you to put away **all** electronic devices for the next four days (yes, all of them for **96 hours!**) outside of only what is absolutely necessary to do your schoolwork or communicate with family. This means no cell phone, texting, computers, iPods, iPads, Facebook, Instagram, Snapchat, videogames, all of it! Instead, focus 100% of your time and attention on being a better person and leader. Spend more face-to-face time with your family and friends. Invite a sibling or friend to do a new activity with you. Genuinely reflect on how you are spending your time and your life, and how you are communicating with the people closest to you. How have you helped your community today? How have you given back? **If today is the most important day in your history, how will you be remembered?**

Dare Summary:

Feedback from teammate:

Dare 6: Forgiveness. We dare you to become your worst enemy's best friend and cheerleader for a week. Throw away your fear of judgment or rejection. Step out of your comfort zone and start to rebuild or repair a fallen friendship. Be kind to this person, show them respect. Take an interest in their life and treat them like they are one of your closest friends. Forgive them for any wrongdoing in the past and let it go. Take responsibility for anything you have done wrong to them. If at first they reject your efforts, try again... do not give up for one week! **You may be amazed with the results!** 😊

Dare Summary:

Feedback from teammate:

Dare 7: Respect. We dare you to refrain from gossiping about any teacher behind their back for one week unless it is positive feedback about their class. Treat all of your teachers with the respect they deserve as servant leaders. Take a special interest in all of your classes and try to positively connect with every one of your teachers at least once this week. Make sure to thank them every day for their lesson and time. **Your education is a gift and your teachers deserve your respect and thanks! ☺**

Dare Summary:

Feedback from teammate:

Dare 8: Commitment. We dare you to be the most physically healthy person you can be for one week. Do not eat any junk or fast foods. Increase your fresh fruits and vegetable intake and lower your carbs. Exercise every day and get eight-nine hours of sleep each night. Stay away from sugar and caffeine. Take your vitamins. Practice a sport or dance routine every day for fun. **Be thankful for your health!** 😊

Dare Summary:

Feedback from teammate:

Dare 9: Patience. We dare you to not interrupt **anyone** for three days (yep, 72 hours). This means everyone: friends, family, SIBLINGS, teachers, classmates, coaches, strangers, your pet Chihuahua... everyone! Show your patience and respect by practicing SOFTEN listening for this entire period and not interrupting at all. If you slip up, apologize right away and be quiet. Do not talk about yourself at all this week...really listen! **You will be amazed at what you will learn about yourself and others!** 😊

Dare Summary:

Feedback from teammate:

Dare 10: Humility. We dare you to make a complete fool of yourself at least once a day for a week. Take (safe) risks, make others feel better by showing that it's ok to make mistakes. Share your embarrassing moments or faults with others to make them feel better. Make others laugh at your own expense and no one else's. Show the people around you that life is too short to take yourself too seriously. Have fun! Be a goofball! **Have at least one new embarrassing story to share with your team by the end of the week.** 😊

Dare Summary:

Feedback from teammate:

Dare 11: Kindness. We dare you to give at least twenty five (25) compliments to others this week. Notice a variety of people: friends, family, classmates, teachers, bus drivers, strangers, neighbors. Genuinely give compliments based upon your positive observations of others. Smile, be genuine, and do not fish for any compliments in return. **Kindness fuels the soul..recharge your batteries by noticing the good in others! 😊**

Dare Summary:

Feedback from teammate:

Dare 12: Selflessness. We dare you to give your time or money to someone in need without expecting anything in return. Give money or donate time to a local charity. Collect food, clothing, toiletries or books for the food bank. Buy a meal for a homeless person (safely with your parents consent). **Give selflessly to others who need it the most; it feels great! ☺**

Dare Summary:

Feedback from teammate:

Dare 13: Forgiveness. We dare you to forgive something big and let it go. Forgive someone who you don't think deserves to be forgiven. Forgive yourself for mistakes you have made or things you regret. Let go of the resentment with the small and big things. **True forgiveness is the biggest gift you can give yourself and others and the key to a happy life. 😊**

Dare Summary:

Feedback from teammate:

Dare 14: Respect. We dare you to show respect to your parents by listening to them and not arguing with them at all for one week. Try and see their side on things. Know that they love you and are doing their best as parents and that parenting you is not always easy. Genuinely listen and do not argue or show disrespect with your words or body language. **Show your parents how much you love and appreciate them. Actions speak louder than words! 😊**

Dare Summary:

Feedback from teammate:

Dare 15: Honesty. We dare you to honestly look at the role gossip is playing in your life. For **four days** (yes, 96 hours!) keep a tally on one hand of how many times you gossip about others or speak negatively about another person, and on your other hand, keep a tally of how many times your friends do the same in your presence. If your parents question the tallies on your hands, tell them that you are changing your negative behaviors by becoming more aware of them and that bad habits must be corrected 25 times in order to change them. Gossip is a negative habit that is keeping you from being the best person and leader you can be. **Let it go today. Focus on others' strengths, not weaknesses! Lead by example. 😊**

Dare Summary:

Feedback from teammate:

Dare 16: Kindness and Respect. We dare you to tell at least four friends what you admire about them. Write a note or have a face-to-face conversation privately with each of them and tell them how much they mean to you. Show your love and respect for your friends today. **They are the food that feeds your soul.** 😊

Dare Summary:

Feedback from teammate:

Dare 17: Patience. We dare you to hold at least five doors open today and allow others to walk all the way through them without being rushed. Allow others to go in front of you in line. Use the time you spend waiting thinking about how you can be a better leader. **Be thankful for the extra time to reflect!** 😊

Dare Summary:

Feedback from teammate:

Dare 18: Respect. We dare you to thank every teacher, bus driver, coach, parent, etc. with whom you interact **every day, at least once per day, for one week.** Look for ways to show your appreciation to the adults in your life for all they do for you. Take the time to get off of your electronics, look up, and really notice what they are doing for you. Show your appreciation through eye contact, smiling and, respectful language and by giving thanks. **“R.E.S.P.E.C.T, find out what it means to me!”** 😊

Dare Summary:

Feedback from teammate:

Dare 19: Humility. We dare you to go up to someone you have disrespected (adult or student) and take full responsibility for what you have said or done and ask for their forgiveness. Choose the appropriate time, place and manner to do this so that you are as respectful and genuine as you can be. Show them that you are not afraid to admit when you have made a mistake and take responsibility for it. **We make the most personal growth through learning from our mistakes, not celebrating our achievements! ☺**

Dare Summary:

Feedback from teammate:

Dare 20: Kindness. We dare you to reach out to new or struggling students at by asking a new person to eat lunch with you every day for a week. Look for people who are eating alone, either by choice or circumstance. Approach that person alone and ask them if you can join them or if they would like to join you. Be genuine, introduce yourself. Learn their name and use it every time you see them. If they decline your offer, try someone else and then try that person again later that week. **Let others know you are genuine and that you care. ☺**

Dare Summary:

Feedback from teammate:

Dare 21: Commitment. We dare you to be the best student you can be in all of your classes this week. Do all of your homework the day it is assigned right when you get home without procrastinating. Email or speak to your teachers right away if you are missing any work and let them know when you will be turning it in. Complete any missing assignments; get started on big projects early. Study for every quiz and test. **Leaders do the best they can in school because they care.** 😊

Dare Summary:

Feedback from teammate:

Dare 22: Forgiveness. We dare you to forgive your siblings for all of the terrible things they have ever done to you, intentionally or not. This could be anything from taking or breaking your favorite stuff to being born after you and stealing the spotlight. Know that while they irritate you now, they will be some of the most important people in your life later and that family matters the most. Let them know you forgive them and that you love them unconditionally. Let all petty grievances go. **Life is too short for kibbles and bits!** ☺

Dare Summary:

Feedback from teammate:

Dare 23: Respect & Kindness. Write a long, thoughtful letter to someone in your life who has inspired you and thank them for everything they've done for you. Let them know that they have had a significant impact on your life and how much you appreciate them. Make it a real letter and either hand deliver or send it. **No texts or emails!** 😊

Dare Summary:

Feedback from teammate:

Dare 24: Selflessness. We dare you to get ten inspirational messages out to people you do not know. Let them know they are awesome and you are happy they are at your school. Tell them to have a great day and to Pay it Forward. Do not hang around and wait for their reaction. **Make a positive difference in someone's life today! What are you waiting for? ☺**

Dare Summary:

Feedback from teammate:

Dare 25: Honesty, Forgiveness & Reflection. We dare you to sit down with yourself in a quiet place for a half hour and honestly reflect on the past twenty four dares. Are you a different person than when you started? Do you like who you see when you look in the mirror? Are these servant leader qualities becoming a natural part of who you are? What is stopping you from continuing on this journey alone? Is there anything you need to forgive yourself for that is holding you back from being the most amazing person you can be? Make a pledge to yourself today to be the person you know you can be and put your plan into action! ***We must be the change we want to see in the world.*** ☺

Reflection: