

Everyday

HEROES[®]

Awaken the hero in you.

Discussion Guide

About

Who is Impact Society®

Impact Society® is a non-profit organization founded on the belief that everyone can lead successful, purposeful lives by recognizing, understanding and building their strengths. We believe every child, parent, school company and organization matters. Through our nation-wide experiential learning programs we are turning teachers, students, parents, whole companies and partners into everyday HEROES®. Since 1994, Impact Society has helped over 100,000 youth discover their strengths, make good choices and build strong character.

What is the goal of Everyday HEROES® and How do I use it?

We believe that Inspired People, Inspire Others; so this set of 10 short inspirational films (to be played in sequential order) and accompanying workbook/discussion guide are designed to inspire and spark some thought-provoking written reflection and internal dialogue. We know that as you begin to feel differently about yourself, you will begin to think differently, which will ultimately impact how you behave, how you relate and how you give back to the world around you. Therefore, as you move through the questions of *Initial Impact* (feeling), *Reflection* (thought), and *Taking Action* (behaviour) we believe you will be inspired through this process of change. If the videos and discussion are facilitated in a group, the discussion guide will enhance group development and begin to lead you and your team to becoming more strengths focused. So print this guide, watch the videos and take a few minutes to be inspired to be a hero – someone who uses their gifts and abilities to make a positive change in themselves and others.

What is HEROES®

These videos are also designed to be used as an educational training resource for our HEROES® program. HEROES® is a 12-14 session, strength-based, character education experience that leads students through a process of discovering that they already have the necessary gifts and abilities to succeed in life; walking them through how to live with confidence, character and integrity. HEROES® has been credited with helping thousands of youth develop healthy behaviors, make positive choices and live with purpose.

However, HEROES® is only the first part of our story; the rest of our journey with students, parents, teachers and communities includes: *H2*, *HEROES @ Home* and *HEROES® Together*.

How to Connect

For more information on what we are up to, program offerings, ways to get involved and ways to give back visit www.impact society.com or follow us [@heroimpact](https://twitter.com/heroimpact)



Welcome!

Thank you for your commitment in joining with us in being strength-focused in life and in interactions with youth and others. You are part of what is becoming one of the most exciting movements in education and people development in our nation - strength-focused character development. For too long society has been under the impression that focusing on what a person is weak at will eventually make them strong. However, this is like trying to make a duck excellent at climbing trees or squirrels accomplished swimmers. Reality is, when we understand where our gifts lie and focus intention and activity on those areas, we truly become great! Then as we recognize where others have strengths, which we do not have, and bring those people around us, we together can inspire and build strengths of one another and our community.

In my many years of working with people, especially youth, I am consistently amazed with decisions people are willing and able to make when they live from their strengths. Life becomes purposeful, they believe they have a place of significance and become empowered to accomplish more than they ever dreamt possible. But then again I shouldn't be surprised, for this is my story. I was that sixteen-year-old teenage boy on the brink of suicide because I didn't believe I had any gifts or abilities. I felt I had no purpose and wanted to give up on life. It wasn't until I came to recognize my strengths and live from them that I became a person of purpose. Now working with incredible people like you, our youth and others are becoming empowered to achieve all they are designed and created for.

So thank you for getting involved, you are part of a movement that through education and family life will be raising up generations of purposeful leaders. Leaders who will be accomplishing all they are capable of achieving.

Remember...enjoy the journey!

A handwritten signature in black ink, appearing to read 'J. Toth', with a stylized flourish at the end.

Jack Toth
CEO & Founder

1-Water



Initial Impact

Think of a person that you would say is an everyday HERO. What three words would you use to describe them?

For Reflection

On an average day, on a scale of 1 to 10, how do you feel about yourself? (10 being the highest)

How does the way you feel about yourself impact your day-to-day activities?

How does that impact the way you interact with others?

What are you good at? What do you enjoy doing? What would you say your gifts & abilities are?

How are you using your gifts & abilities?

In what ways could you use your gifts & abilities to benefit others? Be specific.

How will recognizing and utilizing your gifts & abilities directly impact your confidence?

Taking Action

Choose one gift & ability you can exercise this week. What is it and in what ways will you use it?

Think of one person whose gifts & abilities you can encourage, so that their confidence can grow and they can contribute to others around them.

Teaming Up

What strengths do you have as a team?

Doodle Page

Use this page to jot down ideas, pictures or thoughts as you journey through the discussion!

2-Walls



Initial Impact

Think of a person you would say is successful in life. Who is it and what are the reasons you chose that person?

For Reflection

Do you feel successful? **Yes/No**
Why or why not?

What does this cause you to think about yourself?

What walls are stopping you from seeing you have the ability to succeed?

Can you identify what may have caused you to put up those walls?

What impact would it have if you defined yourself from your gifts & abilities, as opposed to your walls?

Does your behavior reflect who you really are or want to be, or is it a reflection of your walls?
(Think: at home, at work, at school)

Taking Action

The real you is staring back at you! When you look in the mirror, who is the person you want to see?

Complete this sentence: **I want to see myself as...**

This is your new belief statement!

Think of someone who is living from their walls. Instead of responding to that person based on their walls, what will you do or say that shows them you are looking past their walls and seeing who they really are?

Teaming Up

What does success look like to you as a team? How would seeing yourselves as already successful contribute to the overall success of your team?

Doodle Page

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3-Value



Initial Impact

How would you finish the following statement?

The way people treat others is the result of _____.

For Reflection

Name a person you have judged. In what ways or for what reason did you judge them? (Think: behavior, looks, attitude, status, culture, or other)

Self dignity is treating yourself and others with respect.

How do you show dignity to yourself?

How do you show dignity to others?

Value & purpose comes when we discover our gifts & abilities and honour our story.

Take a moment and fill in part of your story:

My name is _____, my challenge or wall is _____,
but I am a _____ who is _____.
(role/profession) (personality traits/gifts & abilities)

Example: My name is Jordan, my challenge or wall is that I grew up in foster care, but I am a teacher who is generous, motivating and optimistic.

Taking Action

Above is part of your story. Think about the above person you judged – what is their story? What are their gifts & abilities? What would change if you understood their story? (If you don't know their story, find out!)

Teaming Up

What are ways you will show dignity to others on your team? What would be the outcome if you took the time to treat each other better?

Doodle Page

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4-Taproots



Initial Impact

What three words would you use to define the word “choice”?

For Reflection

What are you doing or choosing that may be wasting your gifts & abilities?

Do you want this to change? **Yes/No**

If so, fill in the following:

“I used to _____ UNTIL NOW, now I _____.”

Example:

“I used to lie UNTIL NOW, now I will tell the truth.”

To achieve this above statement, you will need Taproot Principles. What are your Taproot Principles?

Examples of Taproot Principles: Perseverance, honesty, loyalty, trustworthy, self-respect, self-control, love, & others

Which particular Taproot Principle will help you achieve the above statement?

Why could you not solely rely on family, friends or success to achieve this statement?

When faced with a challenge, do you tend to react or respond to the situation?

Think of a situation in which you reacted in a negative way. How could you implement a stop, think, choose strategy utilizing your taproot principles that would help in the situation?

Taking Action

Re-write your UNTIL NOW statement on a card and carry it around or put it on your mirror as a visual reminder of what you have stopped, thought and chosen today!

Teaming Up

As a team, agree on five Taproot Principles that are most important to your group.

Doodle Page

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5-Honour



Initial Impact

Think of a family that has a good reputation. What qualities do they have that make you feel that way?

For Reflection

Are you harboring bitterness towards someone that may be limiting your gifts & abilities and success?

Yes/No

Respect is earned and honouring others is a choice that shows everyone is valuable.

How could you show honour to people whose actions you may feel don't deserve it?

Who in your life do you need to look past their behavior to see the person of value they are?

What would that feel like, sound like, and look like?

Taking Action

Who can you look up to as a mentor who demonstrates honour? (Think: family/others)

Teaming Up

What will you do to show honour to members of your team?

Doodle Page

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People 6-Builders



Initial Impact

If you could send a one-sentence message to the leader of your country, what would you say?

For Reflection

What are negative words you say to yourself?

What are negative words you hear from others?

Which of these words have you allowed to become labels that limit you and others from seeing who you really are?

Who comes to mind as a person that you are labeling with negative words?

What words are you using on them that may be limiting their success?

Brainstorm and list practical ways you will be a people builder.

Taking Action

Be intentional. Write an encouraging note to someone today.
Who is it and what will you say?

Teaming Up

Brainstorm and list practical ways your team will be people builders.

Doodle Page

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7-Friends



Initial Impact

If you were stranded on an island and could choose one person to come and keep you company for a day, who would it be and why would you choose them?

For Reflection

Have you let someone close to your heart who did not treat it well? How did that experience make you feel/think/act?

What are qualities of a good friend?

Name three people you have chosen to let close to you.

When you are around each of them, are your gifts & abilities growing/being encouraged, or are they being limited/wasted?

Do you need to move someone from your inner circle to lessen their influence? **Yes/No**
If so, who will you bring into your inner circle who will encourage your gifts & abilities?

Are you a friend who builds up, or tears down?

Taking Action

What will you do to make your friendships stronger?

Teaming Up

As a team, do you feel you are growing in relationship? What factors are contributing?
What factors are hindering?

Doodle Page

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8-Give Back



Initial Impact

How would you finish this sentence? Generous people are _____.

For Reflection

What does contentment feel like to you?

True contentment comes when we are thankful for what we have and when we use our gifts & abilities to do the best with what we have been given.

List 10 things you are thankful for:

In what ways do you give back?

How can you contribute to your home, school, work or community by using your gifts & abilities?

Taking Action

What's one thing you will do this week to give back?

Teaming Up

As a team, are you content with the way you contribute to the community that surrounds you?
How will you strengthen that contribution?

Doodle Page

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9-Purpose



Initial Impact

If you found out you only had 24 hours to live, what three things would you wish you had already done?

What are three things you would do with your last 24 hours?

For Reflection

What if you could live with purpose and passion, what would you do? Would it look and feel any different from what you are doing now?

What are some of your dreams and desires?

Do you have a true north for yourself that can lead you to fulfilling your dreams? **Yes/No**

How do you find direction...what is currently acting as your compass?

Be proactive. Don't wait for things to fall into place.

Considering your gifts & abilities, taproot principles, the people you have around you, your dreams and desires...formulate an I AM statement for yourself:

I AM a person who will...

Taking Action

Take time to write your I AM statement on a place where you can look at it each day and see if you are on the right path.

Teaming Up

What three things are important to you as a team?

Use these three words to describe your team's purpose.

Doodle Page

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10-Perseverance



Initial Impact

Who do you admire for their perseverance? If you could ask them one question, what would you ask?

For Reflection

What challenges might you face as you live out your I AM statement?

When you come in contact with challenges, who are the people you will turn to for support and encouragement?

Which of your Taproot Principles will keep you from giving up?

Who is one person in your life you will mentor and encourage to not give up?

Taking Action

Fill in the blank...

_____, is a HERO, and I will use my gifts & abilities to make
(your name)
a positive change in myself and others. I WILL NOT GIVE UP!

Teaming Up

As a team, in what ways will you turn challenges into opportunities? Who is someone you will go to for support, wisdom and encouragement?

Doodle Page

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Moving Forward

“Strength-based is taking the time to look inside a person, to see their gifts & abilities and bring them to life... helping them make decisions around who they really are and not the circumstances they are faced with.”

— Jack Toth

What does strength-based practice look like for your team?

What specific commitments will you make to become a more strength-based individual and team to create an environment where HEROES can come alive?

