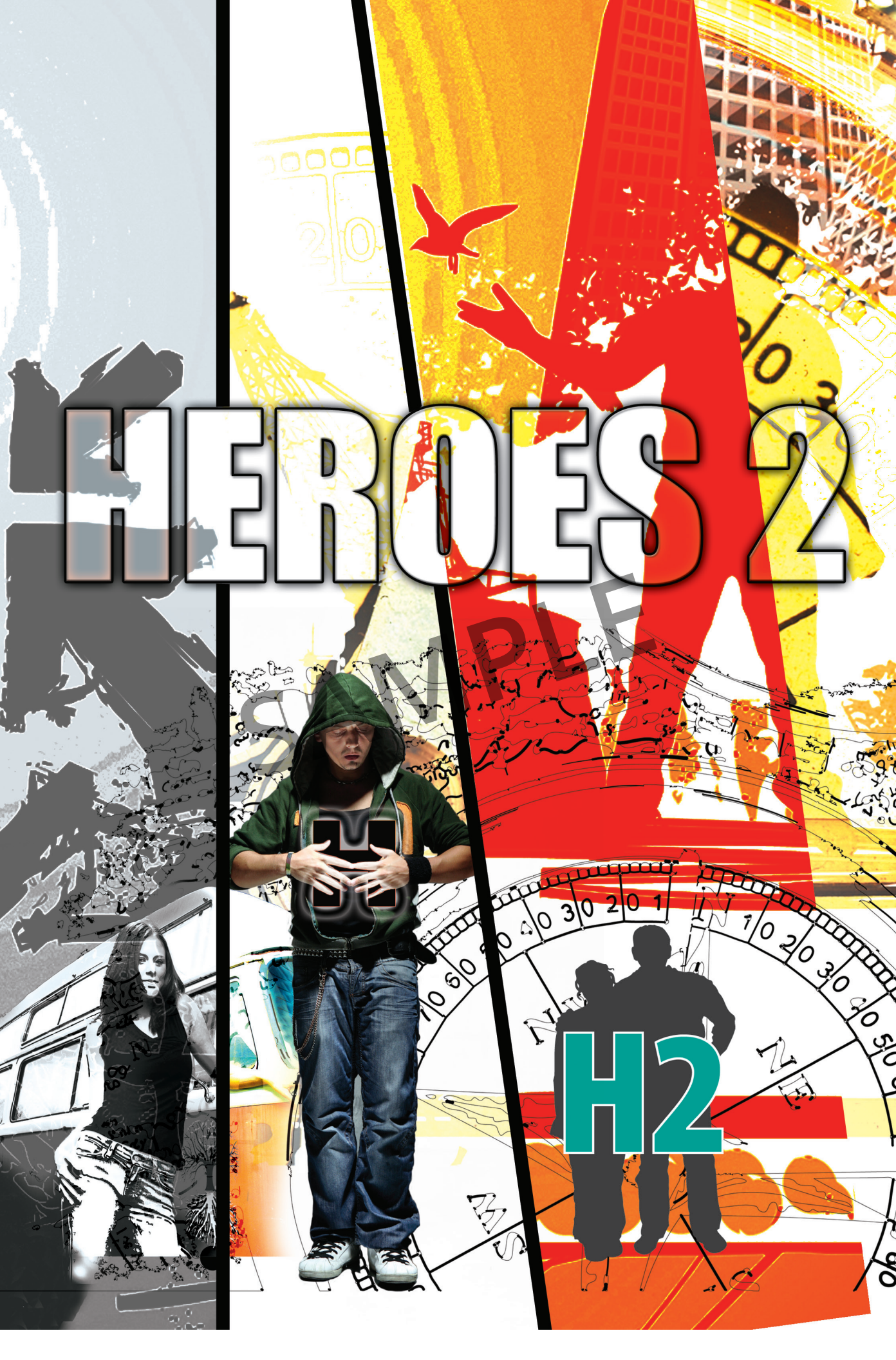


HEROES 2



H2



SAMPLE

SAMPLE



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introduction:

*Your journey takes planning, prepare for it.
Your journey involves others, embrace it.
Your journey can be fun, enjoy it.
Your journey includes challenges, learn from it.
Your journey provides opportunity, welcome it.
Your journey has rewards, accept it.
Your journey fulfills dreams, believe in it.
Your journey inspires others, share it.
Your journey can make a difference, build on it.
Your journey is your life, live it.*

Alison Springer & Collette Toth
Impact Society
November 2009

Your Major Supporters:

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At Impact Society we have had the privilege of working with thousands of youth. Our experience continues to show us that you, the youth of our world, have tremendous gifts & abilities. As you combine your gifts & abilities with a desire for purpose and significance, you do achieve success; you become HEROES to yourself and those around you.

A HERO is someone who uses their gifts & abilities to make a positive change in themselves and others. Through the HEROES® experience, you have taken the first step to discovering the HERO within you. HEROES2 is the next step a HERO can take in developing and practicing their gifts & abilities – becoming inspired people who inspire others. As you become involved in this HEROES2 experience, it is our desire that the following statements will be true for you:

- I am a person with tremendous confidence and ability;
- I have a support network that makes my journey more interesting and powerful; and
- I can & I will be a person who completes my journey with purpose and success resulting in my increased ability to be a HERO to myself and those around me.

Joseph F. Newton, an author, said this, “People are lonely because they build walls instead of bridges.” Your participation in HEROES2 will increase your capacity to build bridges of meaning, purpose and relationship. Enjoy the journey. You’re not alone - you are part of a team of youth who are impacting the future of your community, nation and world.

A very special thank you to the Impact Society curriculum development team, led by Collette Toth and Alison Springer, for the development of HEROES2. It is their passion for the success of youth and their focus on completing this project in a purposeful, meaningful way that has paved the way for the journey of success for youth everywhere.

Thank you to Kim Kerr and Alison Lefevre as it was their hunger to see youth grow beyond the HEROES® experience that provided an inspirational push in the development of HEROES2.

Thank you to Mark Gordon, all Impact Society Staff and the many volunteer instructors and educators who have contributed ideas and time, which have made HEROES2 possible.

Thank you to Dr. Wayne Hammond for his leadership in understanding and building the resilience of young people regardless of challenges they face. His efforts have greatly contributed to our ability to develop and build the strengths and resilience of youth.

Jack Toth
 Founder/CEO
 Impact Society

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Understanding through awareness



WATER: A HEROES PERSPECTIVE

Chapters 1 - 2

Becoming aware of our role in the world around us.

Water is a essential for the growth and survival of all living things; just as our gifts & abilities are vital to our ability to live with purpose. Having the right perspective and understanding that we can inspire and care for others with our gifts & abilities will lead us on a journey of having a ripple effect of impact.

Chapter 1 - INSPIRED PEOPLE INSPIRE OTHERS

...to discover that you have the ability to inspire others.

Chapter 2 - SETTING OUR SIGHTS

...to bring awareness to the global need and recognize we have something to give.

Developing through preparation



EARTH: HEROES MAKE READY

Chapters 3 - 5

Developing our gifts & abilities for the strengthening of ourselves and others through preparation.

Our life is a our own personal journey of growth, comparable to the journey of plants in a field or garden. With the right tools we have everything we need to experience growth and life.

Chapter 3a & 3b - HEROES ON A JOURNEY

...to prepare you for your journey and review theHEROES tools.

Chapter 4 - IDENTIFYING YOU AS YOU

...to take charge of your own journey. You've got everything you need.

Chapter 5 - DESTINATION PLEASE

...to understand how small choices impact your destiny.



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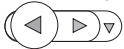
Family

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LIVE THE JOURNEY

Strengthening with connection

FIRE: VITAL ENCOUNTERS

Chapters 6 - 7

Developing our gifts & abilities for the strengthening of ourselves and others through connection.



Understanding the importance of connecting, listening and learning from others will help spark us in our understanding that we are greater as a sum of our parts.

Chapter 6 - WHO WILL JOIN YOU?

...to recognize the value of others on your journey.

Chapter 7 - SHARPENING YOUR SKILLS

...to develop "people" skills.

Practicing through experience

AIR: THE FUNCTIONING HERO

Chapters 8 - 10

Practicing our gifts & abilities for the strengthening of ourselves and others through experience.



The experiences we encounter on our journey will include both highs and lows. Taking a deep breath and learning from both will strengthen our character so we can leap and soar into our personal cause - making a significant impact!

Chapter 8 - ROADBLOCK OR SETBACK?

...to view challenges as setbacks instead of roadblocks.

Chapter 9 - ENJOYING YOUR JOURNEY

... to encourage you to experience new opportunities and have fun on your journey.

Chapter 10 - MEANT TO LIVE

...to explore gifts & abilities for a greater cause.

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welcome:

GROUND RULES AND EXPECTATIONS

1. RAISE YOUR HAND

We value your voice. We want to learn from you.

2. "I DON'T KNOW" HAS GOT TO GO!

We know some questions may require time to think through. Give yourself a chance to think before you say "I don't know."

3. ANSWER WITH YOUR HEART, AS WELL AS YOUR HEAD

We want to hear what you feel, not just what you think is the right answer.

4. NO PUT DOWNS

We want this classroom to be a safe place for everyone to share.

5. CARE ENOUGH TO SHARE

We all become wiser when we share our thoughts with people.

Please participate, ask questions and let your voice be heard - knowing that what you share in the classroom, stays in the classroom.

A HERO is someone who uses their gifts & abilities to make a positive change in themselves and in others. A HERO is not only determined by the great things they do, but by who they are on the inside, the principles they have and the way they treat themselves and others.

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purpose:

“Developing and practicing our gifts & abilities for the strengthening of ourselves and others”



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KEEP PEDALING

By Mammy

“When we were kids we lived on the outskirts of a reasonably big town and would sometimes cycle the 8 miles to the tiny village where our granny lived. This trip involved a long slow climb for the first mile followed by a glorious three mile freewheel down a steep hill. After that, the terrain undulated - up hills and down dales - but there were no more extremes, until we were cycling home! Life is kind of like that. To get to the top of any hill you have to put in some energy. You have to work up a sweat. When you’re freewheeling down the other side everything seems easy and the effort it took to get you there doesn’t matter. It was worth it! As long as you trust the process and don’t hold yourself back by applying the brakes, the momentum you build up will carry you part of the way up the next hill. Then you’re going to have to start pedaling again if you want to keep moving. Some hills will be steeper than others. Some parts of the journey will be easier and more pleasant than others. That’s the nature of life. The important thing is to just keep pedaling!”

H2 is YOUR story, YOUR journey in which you don’t travel alone. It’s a journey with purpose - one that will go beyond yourself and cause you to reach out and care for others. It’s an adventure full of possibilities, opportunities, and surprises. Pack your bags and let’s go! Bon Voyage!

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Preparation

Connection

Experience

H2 Declaration



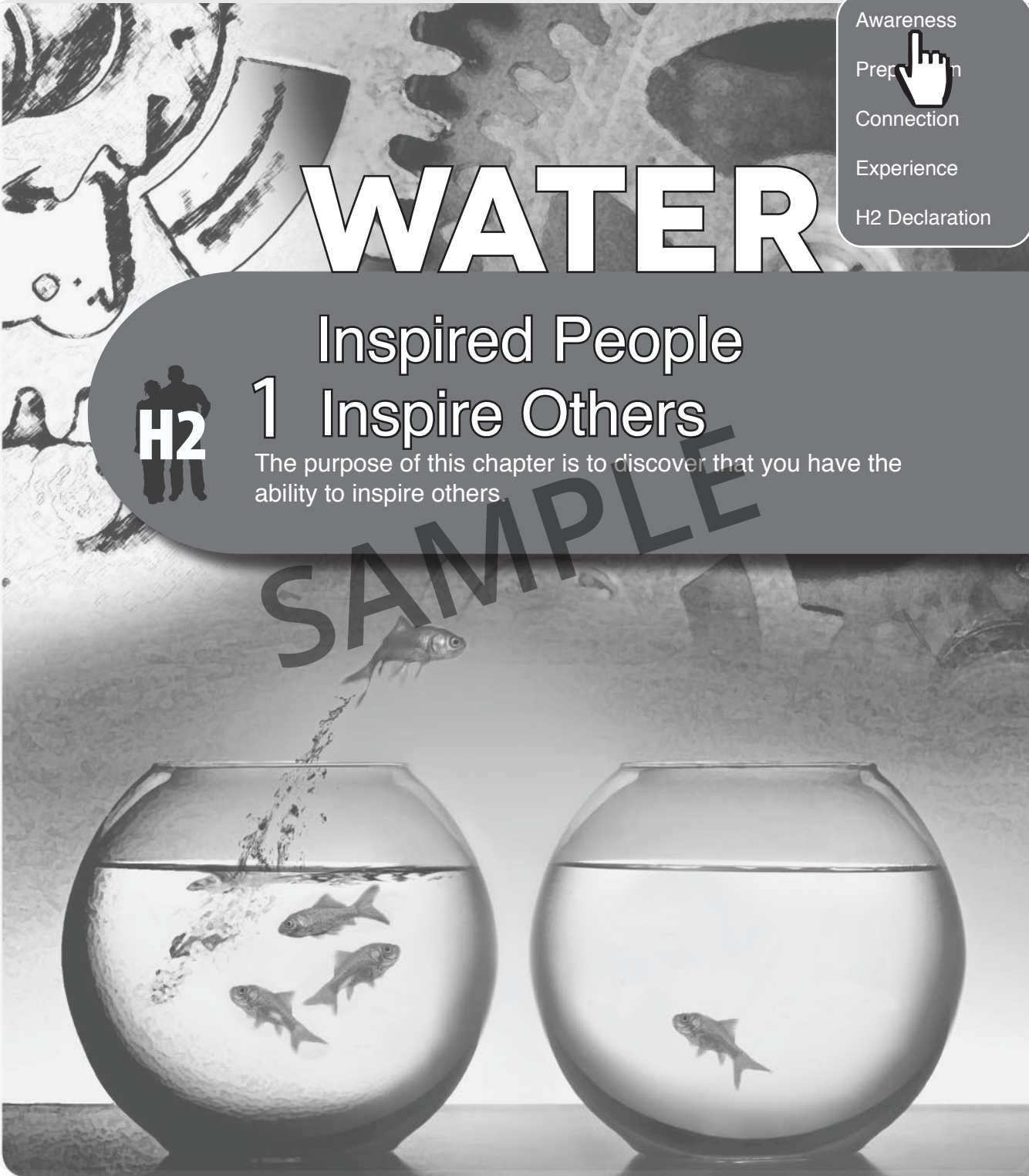
WATER



Inspired People 1 Inspire Others

The purpose of this chapter is to discover that you have the ability to inspire others.

SAMPLE



Your Major Supporters:

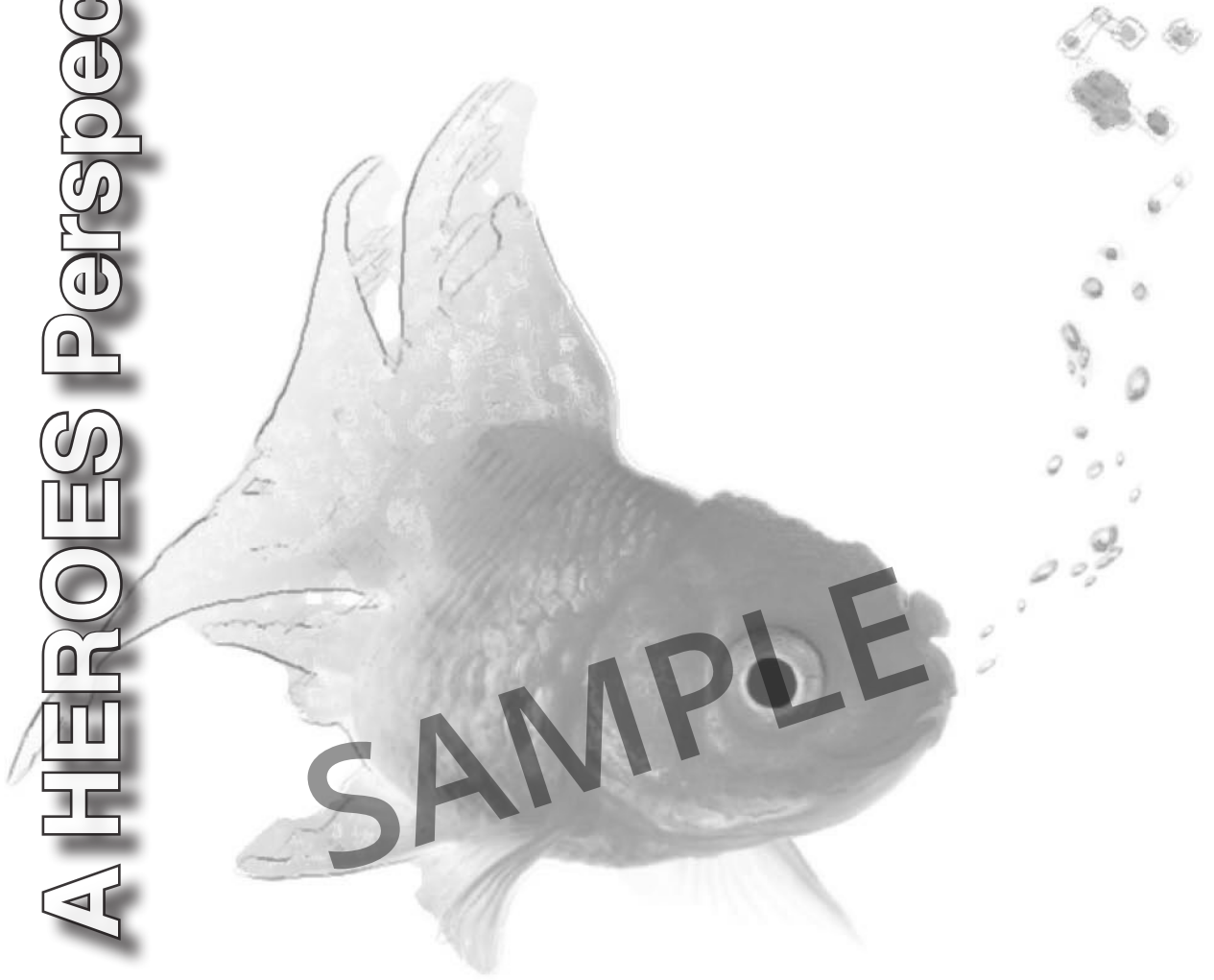
Family

Friends

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A HEROES Perspective



"I dare you to think bigger, to act bigger, and to be bigger. I dare you to think creatively. I dare you to lead and inspire others. I dare you to build character. I dare you to share. And I promise you a richer and more exciting life if you do!"

William Danforth,
Author/Founder of the American Youth Foundation

What's your story? Do you ever feel as if your life isn't very exciting? That there's nothing about you that would be an encouragement for others? Taking time to reflect on your life can help you realize that everyone has a story to tell.

Use the following to think about YOUR life's journey.

Name some of your major events:

Name some of your significant accomplishments:

Name something that was difficult to learn:

Identify a time when you were encouraged by someone.
Describe the results:

SAMPLE

List some new things that you have tried within the last two years:

Is there anything specific you want to do that you haven't done yet? What is it and why?

Who would you want to take with you on the above adventure and why?

Terry Fox –

When he was in the hospital after losing his leg to cancer, Terry Fox read a magazine article about an amputee who completed a marathon in New York City. Terry was then inspired to believe that if that amputee could do it, he could do it too. That is when he decided to run across Canada, naming it the Marathon of Hope, which after his death has raised over \$600 million worldwide.

Terry Fox, National Hero



Who have you met along the way that was unforgettable and why?

def-i-ni-tion...

inspire [in-spīr'] *verb*
to breathe life into

SAMPLE

Shania Twain –

Growing up listening to the likes of Dolly Parton, Shania Twain was first inspired to begin writing her own music. Her mom, recognizing her talents, was her biggest influence in pursuing her music career and leading her to success.

Shania Twain, Country Singer/
Songwriter

people
who inspire

People who inspire are people who...

Overcome obstacles (example)

- _____
- _____
- _____
- _____

INSPIRED PEOPLE INSPIRE OTHERS

Think of yourself as a drop of water that lands into a pond. The resulting ripples are the people you affect. We all impact the people around us. Every day, all of our lives touch the lives of people we connect with.



Serge LeClerc –

“Beginning a life of crime at age 8, Serge LeClerc, the product of a rape, was on the RCMP’s Most Wanted List by age 35. His mother, a hard-working First Nations teenager, had done her best to raise him and provide for his needs despite not having an education and living in poverty. ‘I know very little about my mother’s early life other than the fact that she was very strong, very resourceful, and obviously had a will to survive.’ These would be character traits that Serge would live by, eventually leading him to turn things around and live a life of success and influence.”

From the list on page 18, how would you like to be known as an inspiration to people?

I would like to inspire by...

Identify parts of your story (page 15 - 17) that could be an inspiration to others?

Inspire others. Help them see the value in their lives. Inspiring other people is one of life's most rewarding experiences. Look for opportunities to breathe life into people – they're all around you!

The Ripple Effect

Name some of the people you can inspire with your story. Put their names in the appropriate ripple.

blogg'n

COMMUNITY
AND BEYOND

SCHOOL

FRIENDS

FAMILY

YOU

SAMPLE

refresh

I CAN use my story to inspire others!