



IMPACT SOCIETY

HEROES[®]

SAMPLE



IMPACT
SOCIETY

HEROES® Student Journal
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In partnership with:



Foundation

HEALTH & WELLNESS | EDUCATION | AMATEUR & GRASSROOTS SPORTS

A MESSAGE FROM THE FOUNDER



“

Many years of working with youth and adults has led to the development of the HEROES® program, a program that builds the CONFIDENCE, CHARACTER, INTEGRITY and PURPOSE in youth. Youth are our most valuable resource and as they take steps towards nurturing their confidence, character and integrity, individuals and whole communities will be positively affected.

I am grateful for the IMPACT SOCIETY team who have worked diligently to make this journal possible. Many thanks to those who were willing to share their story,

providing inspiration to thousands of youth and adults motivated through HEROES. Thank you to the people and organizations who have contributed financially to help get this resource into the hands of those who need it most, with special thanks to the Calgary Flames Foundation for your interest in supporting youth and education.

Finally, a special thanks to the parents of Jennifer Janz for allowing their most painful experience to be the catalyst for helping tens-of-thousands of youth avoid the tragedy that took the life of their daughter. Jennifer was a gifted and talented sixteen-year-old who, through a series of wrong choices, ended up losing her life on the streets of Calgary, Alberta, Canada in 1991. The IMPACT SOCIETY HEROES program was founded in her memory so that her tragic death could help other youth avoid the same path.

I am dedicating this program to my mom who passed away in 1991. Before being married, mom was a teacher who loved education. She believed that if young people had the right foundation for life, that they could achieve great things. I know she would be cheering on everyone who is part of the HEROES program.

Enjoy your journey and remember – “You are designed and created with gifts & abilities and a desire to succeed!”

– Jack Toth, Author of HEROES, Founder of IMPACT SOCIETY

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EXPECTATIONS

1. RAISE YOUR HAND

We value your voice and 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 from your heart - it can tell you a lot.

4. NO PUT DOWNS

We want this classroom to be a safe space 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 and abilities to make a positive change in themselves and in other. 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.

CONFIDENCE



WHAT IS CONFIDENCE?

Confidence is feeling sure of yourself and your abilities.
It's having the inner awareness that you are capable.

CHAPTER 1

SELF-ESTEEM

“SAMPLE

Confidence is one of the most important things in life. YOU believing in yourself can single handedly carry you so far in anything you do. ALWAYS BELIEVE IN YOURSELF!

- Mason Raymond,
Calgary Flames Alumni

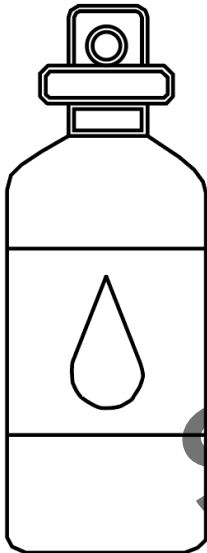
THE PURPOSE OF THIS CHAPTER.

To understand the importance of strengthening your inner self by building your self-esteem.

WISE ADVICE

Wisdom offers you the tools to live better. The choice to pick up the tools and use them is up to you.

WATER BOTTLE



The most important part of a water bottle is what's inside! It doesn't matter what the outside looks like, it is the water inside that gives it its value. WATER is the most life-giving, life-sustaining gift we have been given and we cannot live without it!

It is the same with you. The most important part of you is what is inside. Knowing you have gifts & abilities - strengths that are unique to you - leads to the understanding that YOU have value, that YOU have worth, that YOU matter.

So, as important as water is to the health and life of our physical bodies, recognizing that we have personal gifts & abilities is essential for our emotional health and in understanding that we have purpose.

WHAT IS A BIG DREAM OF YOURS?



In order to live out your dreams you need to dig deep inside to that place where boldness, courage and caring for ourselves and others comes from. It is the place where true success lies.

The person you really are is waiting to be understood, explored and expressed. When we start the process of looking at our inner self we start the process of becoming a hero.

FROM ADDICT TO IRONMAN

As far back as I can remember, my family has struggled with addiction. I myself am a recovering alcoholic. When my daughter began following the same path, I had to do something.

I began by organizing a five-km run to raise awareness for youth addiction. At the time, my daughter was on the streets – I didn't know if she was dead or alive.

Parents whose children are dealing with addiction often feel shame and ridicule. If you happen to be that parent, you just feel like hiding. That's why I started the run. I wanted parents whose sons and daughters were struggling to know that they were not horrible parents, and that they were not alone.

Two years into the run, things with my daughter had gotten worse. I was mentally preparing myself to bury her. The stress could have easily put me in bed with a bottle of antidepressants, but knowing the benefits of physical activity, how it helps to relieve tension, I made a crazy decision.

I decided to train for a half Ironman.

The Ironman is a strenuous multi-race triathlon consisting of running, swimming and biking. I had always been a runner, but I couldn't swim. I didn't own a bathing suit or a bike. When I signed up, all I had was a pair of running shoes. I had three and a half months to train. People thought I was crazy.

I had always put limits on myself, but I soon discovered that I was capable of much more than I had realized. I began to understand the power and strength of the human spirit. Regardless of what people look like, they have so much potential within.

I trained, raced, and crossed the finish line. It was an exhilarating experience.

Over time, a special connection had been built with the treatment centre where my daughter had been in and out of. There I felt supported, understood and cared for. During a visit, I met a young woman who was friends with my daughter. I shared my story of training and participating in the Ironman, telling her how I was blown away at the capacity of the human spirit. She said enthusiastically that she would also love to train and participate. Looking straight into her eyes, I

replied firmly, "Okay, when you get out of here, let's do it!"

A bold passion was born in my heart that day.

I knew that the odds were against me, but if I could overcome my demons, anyone could. I became more passionate than ever about helping young people escape the hollow life that had trapped them. I began inviting young adults in various stages of drug and alcohol addiction to train – mentally, physically and emotionally – for an Ironman.

I didn't care what shape these kids were in. I didn't care how bad their addictions were, and I didn't care how many times they had relapsed. I wanted the ones that society considered a write-off. I knew they could turn things around – as long as they were above ground, there was hope.

Many had given up on themselves. They wore labels that said screwup, loser, junkie. Society had put these labels on them – labels they now believed to be true.

Sam was one of those kids. His addictions controlled his life. He had been in and out of treatment many times, and had attempted suicide more than once. Desperate to be free of his bondage, he said yes. He said yes to begin training for a triathlon.

This is where the strength of the human spirit comes in. Sam needed to do this. If he could start to string some sober time together, it would click for him. His determination would take hold. He would begin to discover the dreams buried under his mountain of addiction. If we could just get him to cross the finish line, he would begin to ask himself, "What else can I do?"

It wasn't easy for Sam, but he wanted to recover – I saw it in his eyes – and he persisted. When others had given up on him his supporters were there, celebrating every little achievement, and eventually he did it. Sam crossed the line. He went from addict to Ironman, from feeling like a loser to winning, from living with hopelessness to seeing a future. Sam discovered that success wasn't one big step, but a lot of small steps taken in the right direction.

Helping those who struggle with addiction is not complicated. They just need to be cared for, and believed in. When I start out with someone like Sam, I get their attention by telling them who they really are, and how they are the opposite of the labels that society has placed on them. I tell them there is hope, and I will believe in them until they can believe in themselves.

I'll never forget the day my daughter came off the streets. Nothing I said or did could convince her to leave her lifestyle, so I just waited with open arms. After six years of a life gripped by addiction, she was ready to make a change. Walking beside her through her recovery process was such a privilege. Six months after she left the streets, she finished a triathlon. I am so proud of my beautiful daughter, who now uses her story to inspire others as she works with vulnerable youth and families.

Sam's determination also continues to grow. Clean and sober for three years, he is now attending university in pursuit of his dream. He has discovered just how gifted and strong he is – not only in his studies, but as a mentor to the other young athletes training with us.

Seeing these young people come alive, seeing the light return to their eyes and the new spark in their indomitable spirit, hearing them laugh again – this has become my biggest reward in life.

Vanisha Breault is the founder and CEO of Terminator Foundation, an organization focused on strengthening the recovery of those experiencing addictions by using physical exercise, triathlon training, personal coaching and community engagement.

Discovering and building on your gifts & abilities will help you feel more confident about yourself.

LIST SOME OF VANISHA'S GIFTS & ABILITIES.

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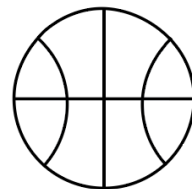
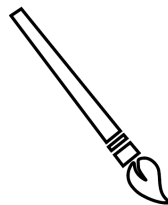
HOW DID HER GIFTS & ABILITIES HELP OTHERS?

WHEN SAM BEGAN TO USE HIS GIFTS & ABILITIES HOW DID IT AFFECT THE WAY HE FELT ABOUT HIMSELF?

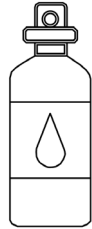
REFLECTIVE QUESTIONS

WHAT ARE YOU GOOD AT? WHAT ARE SOME GIFTS & ABILITIES YOU USE IN YOUR DAY TO DAY LIFE?

SAMPLE



WHAT ARE YOUR TOP THREE GIFTS & ABILITIES?



SELF-ESTEEM IS:

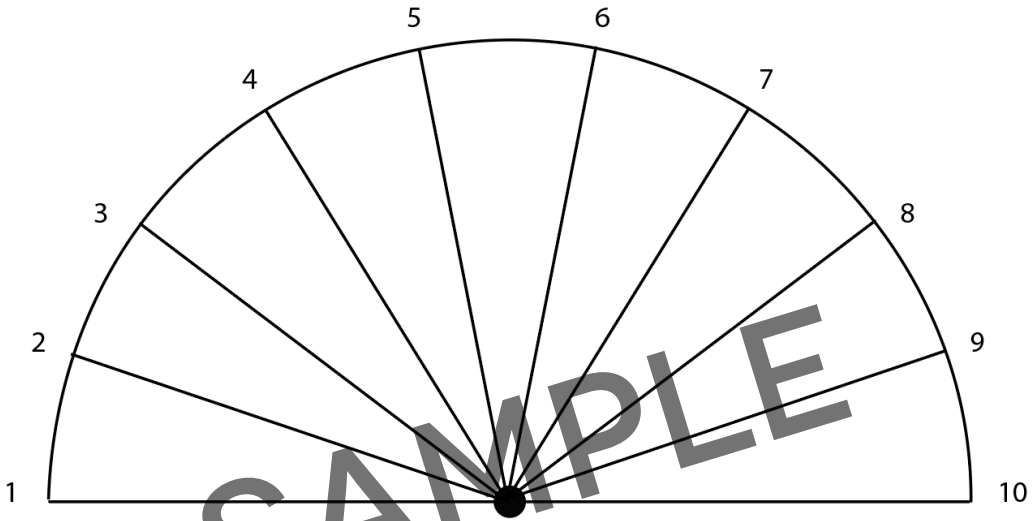
How you _____ about yourself.

SAMPLE

WHY IS HAVING POSITIVE SELF-ESTEEM IMPORTANT?

THE ESTEEM-O-METER

ON AN AVERAGE DAY HOW DO YOU USUALLY FEEL ABOUT YOURSELF? Rate yourself on a scale from 1-10, 10 being the highest. Draw an arrow from the black dot to the number that best reflects your inner confidence.



WHY DID YOU CHOOSE THIS NUMBER? WHAT WOULD YOU HAVE TO DO TO MAINTAIN OR INCREASE IT?

TAKE AWAY

Discovering and building on your gifts & abilities will help you feel more confident about yourself.

LIVE IT OUT!

What is one of your gifts & abilities that you can practice strengthening this week that will assist in building your self-esteem?

How can you strengthen it?

SAMPLE

**I HAVE GIFTS &
ABILITIES AND A DESIRE
TO SUCCEED!**