

### WELCOME TO THE HERO BUILDER!

The heroes in my life could not leap tall buildings, stop runaway trains or fly faster than the speed of sound, but they gave the strongest hugs, spoke the most powerful of words, challenged me to the biggest of tasks, and set an example of what a real hero looked like! The heroes in my life were difference-makers who taught me that I could make a difference, too! My heroes believed in me when I didn't believe in myself. My heroes challenged me to live beyond my own limits and the limits others put on me. My heroes taught me that I was born to make a difference in the world. And, so are you!

What would it look like if we spent more time talking students INTO something on the front end rather than having to make the time to talk them OUT of something on the back end? The HERO Builder focuses on laying a character foundation by creating a culture that reflects possibility thinking rather than preventative thinking. The HERO Builder encourages students to live into the characteristics of the hero that is within them

As educators, youth leaders, coaches and parents, we have the opportunity to model for our students what it looks like to be somebody's hero. The HERO Builder provides the tools and resources needed to create the positive culture you desire for your students to become difference-makers in their schools, communities and homes.

I have discovered when I am helping bring out the hero in others, the hero within me gets stronger. That is for a couple of reasons: 1) I am accountable to others in setting an example of what a hero looks like, and 2) My self-confidence gets stronger as I live out the characteristics of a hero.

It is my desire for The HERO Builder to help students be the best version of themselves they can be. Doing something good to get an award, a gold star or temporary recognition is fine. But, being good because it's who you are provides a lifetime of achievements a gold star can't touch. It is teaching our students that a life of significance starts by intentionally living the characteristics of a hero daily.

Let's make a difference and build some heroes!

- Boyd Hamlin

**Photocopy and print** the following Action Cards, cut them out and hand them out to your students.

# **CARD**

# **HELPFUL**

There is always a solution to a problem.

#### **ACTION ITEMS**

- 1. Open a door for someone.
- 2. Pick up trash.



# CARD

# HUMBLE

Think more of others than of yourself today.

#### **ACTION ITEMS**

- 1. Think of others first.
- 2. Serve others first.



# HERO **CARD**

# **HUMOR**

Make somebody laugh today.

#### **ACTION ITEMS**

- 1. Tell a good joke
- 2. Put a smile on someone's face



# **Character Trait 1**

It's very simple – wherever you find yourself today, be helpful! Be helpful in the classroom, cafeteria, playground, home, store and on the field during a game. Wherever you find yourself today, be helpful, that's what heroes do!



What is your favorite way to be helpful to others?

How can you be helpful at home?

How can you be helpful at school?

Do you enjoy being helpful to others?



# **BENFFITS**

- » Helping others lets them know you care for them.
- » Being helpful helps you grow as you serve others.
- » Helping others creates opportunities to build lasting friendships
- » Being helpful puts a smile on the faces of those you help.
- » Helping and serving others is fun.
- » When you help others, they will help you, too.

# **ACTION ITEMS**

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

# **Character Trait 2**

# **AR** WITH EARS

Most people HEAR with their Ears only what they want to hear and miss what is being said by the person speaking. Thinking about how we will respond to the person speaking is a habit that prevents us from truly listening to the person speaking. Practice your listening skills by looking in the eyes of the person speaking or, at least, in their direction. Then, repeat back what you heard them saying. It's always good to double-check to make sure you hear and understand what is being said fully. Hear with your ears, that is what heroes do!



What did you hear today? Excitement? Frustration? Anger? Concern?

Were you asked to do something? What was it? Did you do it?

Did someone tell you their feelings? Did you listen to understand them better?

How important is listening to others?



# **BENFFITS**

- » Listening helps you understand better.
- » Listening lets others know you care about them.
- » Listening helps you ask questions to get the best answers.
- » Listening helps you get more done faster.

# **ACTION ITEMS**

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

# SESSION 1 Teacher & Parent Training

# A HERO IS AUTHENTIC

HERO THOUGHTS The question that gets the longest pauses before being answered is, "Since I know myself best, do I like who I am?" At one point in my life (Boyd Hamlin) the answer was no. Now, I still pause before I give my answer, "I like who I am becoming".

If you wouldn't follow you, why should anyone else? Leading others is easy compared to the hard work required in leading self. But, if we learn to lead ourselves first, we have a better chance of influencing the world around us in a positive way.

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IF A MAN'S ASSOCIATES FIND HIM GUILTY OF PHONINESS. IF THEY FIND THAT HE LACKS FORTHRIGHT INTEGRITY. HE WILL FAIL.

Dwight D. Eisenhower

# VISUAL/OBJECT LESSON

Oranges | Lemons What comes out of you when you're squeezed?

**Rubber Bands:** Works best when stretched

### PERSONAL APPLICATION

Insert personal story/experience - Leading others, Leading self. Or, Tell a story about a teacher, coach or family member who did this for you. Or, ask the question: Who has demonstrated this idea of leading self well giving them the chance to lead others well?

Example: My 8th grade English teacher was this kind of person. I knew that when he told me to do something it was coming from a man who lived by his words. He didn't ask others to do something that he wasn't doing or willing to do. That made learning from his example much easier and helped me understand that before leading others, I must intentionally lead myself.

Integrity is the foundation you build your life on. If the foundation is bad, so will the life be. Integrity pays attention to the details nobody sees, that's why it's said it's who you are when no one is looking. Character is what others are going to see.

Integrity is the nails, screws, bolts, cement, wood and glue that hold the house together. Without the nails, screws, bolts, cement, wood and glue, you don't have a house to show others. When others see our character they also see our integrity (foundation) that we've worked on in the late night hours, getting ready to display to the world.

A structure with a strong foundation can be trusted. So, a person with integrity can be, too! If the foundation is weak, has flaws, cracks, it runs the risk of breaking under pressure, or when the storms of life come crashing down upon it. When the foundation has been compromised, you can put a temporary fix on it, repair it for a time. Ultimately, the best way to fix a faulty foundation is to break it down and start over, applying lessons learned that will make your foundation stronger as you begin rebuilding.

Honesty is a huge ingredient in laying a solid foundation for integrity. It says you can be trusted to follow through, be on time, finish what you started, do what you said you would do, keep your word, admit mistakes or wrong-doing. It says you can count on me. Honesty allows you to rest assured and know that I've got your back. Integrity is to be honest and have strong moral principles. Trust is the glue that holds people together. Do you have integrity? Have you had it? Can you get it back? These are good questions that demand an honest answer before you begin the journey of being a positive influence for others!

### WHY FOCUS SO HEAVILY ON INTEGRITY?

Integrity develops trust. When you develop trust, you earn respect with others and draw people to you rather than repel them away from you. People are not left with the thought, "Can I trust this person?" They know they can!

Humility - It's not built on ego and pride, it's built on unbreakable morals and values that stand strong under every pressure and circumstance that comes its way. It doesn't mean you've arrived and others should marvel at you. Rather, it means you are doing what's required behind closed doors to shine when brought out in the open. It's living and learning how to better self which provides a model for others to adopt. Humility isn't thinking less of yourself, it's thinking of yourself less. Think of yourself when you are behind closed doors while working on bettering your foundation so you can think of others more when you are out in the open.

Above all else - Integrity! It is your job to do the hard work of building a strong foundation of Integrity. But, it's the job of others to tell us if we have it or not. We need people in our lives who will hold us accountable, ask the hard questions, give truthful answers of our current state and encourage us with wisdom to become better daily. I would encourage you to get a few accountability partners who desire to be a better influence to come alongside you in your journey.

# Action Steps

Create accountability groups to build a strong foundation of Integrity. To grow others, we must grow ourselves. A strong foundation starts with you. Pair up into accountability groups of five. Pick a time each week to make a connection to share, encourage, compliment and challenge one another in character development.

### SESSION 1

## FOLLOW-UP EMAIL OR VIDEO SCRIPT:



A HERO IS

Authentic

(School mascot) Team,

Thank you for a great start to The HERO Builder program for (your school). The first session truly helped us understand the importance that authenticity and integrity are in laying a strong foundation to build upon.

I wanted to highlight the main points discussed in our time together in session one to keep them top of mind as we continue building on this foundation in the sessions to follow.

Honesty is a huge ingredient in laying a solid foundation for integrity. It says you can be trusted to follow through, be on time, finish what you started, do what you said you would do, keep your word, admit mistakes or wrong-doing. It says you can count on me.

Humility is not built on ego and pride. It is built on unbreakable morals and values that stand strong under every pressure and circumstance that comes its way. Humility is not thinking less of yourself, it is thinking of yourself less.

#### **HERO ACTION STEPS:**

I want to strongly encourage you to establish accountability groups.

- » Pair up into accountability groups of 5.
- » Pick a time each week to make a connection to share, encourage, compliment and challenge one another in your character development.

Thank you for being a part of this team of HERO Builders and for making a BIG difference in the lives of (school mascot).

Building HEROES,

(Your name)

With more than 45 years of combined leadership development experience, Boyd and Shane have teamed-up to provide resources and training in The HERO Builder so that you can focus on what matters most: Building HEROES!





### **BOYD HAMLIN**

Boyd Hamlin has been a HERO Builder for more than 25 years. Boyd is dedicated to helping people build on their dream, optimize their influence, say yes to their potential, and develop the discipline to get to where they want to go. As an author and speaker, Boyd's desire is that the HERO Builder encourages, equips and empowers students, teachers, and parents to be somebody's HERO.

### W. SHANE MCKENZIE

W. Shane McKenzie is a leadership catalyst who specializes in activating the untapped potential in people. Shane has equipped and empowered thousands of leaders to be difference makers in the lives of children through youth sports programs for more than 20 years. As a leadership mentor and teacher, he desires for every leader to experience the power of personal transformation.

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