



MAPS

NAVIGATING
PERSONAL
GROWTH



KUESTRocket.org

KUEST:ROCKET

LEADERSHIP CURRICULUM

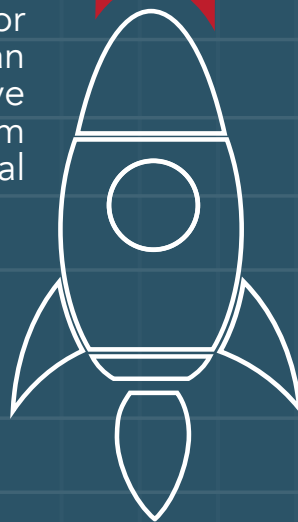
FOLLOWING THE

M.A.P.

Measure | Adjust | Progress

We believe that teaching young students how to build a plan, measure progress and achieve success is a big part of becoming a strong leader. We have found these five key attributes to be important to leadership growth. By giving our students the tools to set, measure and make adjustments to a desired outcome, we are equipping them to cast strong vision, develop effective strategies and stay committed to the plan until they reach their goals. We call this **Following the M.A.P.**

Inside this binder are tools for helping your student design a plan and achieve success in these five key areas. Our goal is to help them establish a pattern of personal growth that will last a lifetime.



SUCCESS

Creating an appreciation for hard work and a healthy sense of success.



INFLUENCE

Growing in understanding of relationships and why the right ones matter.



HUMILITY

Developing a greater sense of value for others and a proper perspective of self.



ENDURANCE

Building the habit of sticking with a task until it is complete.



WISDOM

Learning to apply the right knowledge to the right problem at the right time for the right results.



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1 TOPIC: WISDOM

DATE COMPLETED

Wisdom is an important part of success. Wisdom means knowing the right thing to do at the right time in the right way to get the right results. For example, you might know that salt can make food taste better. So you might think, *"I will pour a whole lot of salt on my mashed potatoes."* You might even dump everything in the salt shaker on your potatoes. That would be a bad idea. Too much salt tastes terrible, and can also be bad for your health. You might also think, *"If salt can make my food taste better, then I am going to put salt on my cereal."* That would also be a bad idea. Salt is not sweet, and on most sweet food, salt is a bad idea. Wisdom would help you use salt for the right purpose on the right food in the right amount to get the right results. Is there an area of your life where you think you could use some wisdom?

MY THOUGHTS:



2 TOPIC: ENDURANCE

DATE COMPLETED

Having endurance means that you are able to finish what you start. If you were to start a race and not finish, would you win? If you want to be successful in life, you have to learn to stick with something until it is completed. That means you are going to have to build your endurance. Endurance is especially important when you are trying to do something that is difficult or boring. When something is hard to do, you might want to stop and just walk away. When something is boring, you might want to do something more exciting or fun. If you are going to enjoy success in life, you must build your endurance. Are there areas of your life where you think you could use more endurance? What are you going to do to build your endurance in that area?

MY THOUGHTS:



MAKE YOUR WISDOM M.A.P.



DESTINATION: Where would you like for your ROCKET to land? Describe your goal for growing in WISDOM:

TOPIC: (ex: "I want to use my money more wisely").

DESCRIBE YOUR DESTINATION: (ex: "I want to save \$50 and open my own savings account"). Be as detailed as possible.

SET YOUR COURSE

What are the things you need to do every week in order to grow in wisdom for your goal? (ex: "I will read an article on saving money every week"). Please list no more than 3.

FOLLOW YOUR M.A.P.

On a scale between 1-10, how much do you know about this topic right now? 1=nothing, 10=everything. Write the date you put down this score.

Do you know more or the same? Have you grown in this area since you began? What is your number now?

Now how much do you know about this topic? Have you grown in wisdom since your last score?

Measurement Date

Measurement Date

Measurement Date

MEASURE

When you do your task for the week, color in a small circle. If you do not do your task, put an X through a small circle. Once all circles are filled in or have an X, do the next measurement.

ADJUST

Are there some things you need to do differently? (ex: "Stop spending my money on candy"). Write your new adjustments here.

PROGRESS

Now that you have made some adjustments, follow your updated plan. Then show your completed new weekly tasks on the circles as before.

MEASUREMENT #1

1 2 3 4 5 6
7 8 9 10 11 12
13 14 15 16 17 18

MEASUREMENT #2

1 2 3 4 5 6
7 8 9 10 11 12
13 14 15 16 17 18

19 20 21 22 23 24
25 26 27 28 29 30
31 32 33 34 35 36

MEASUREMENT #3

19 20 21 22 23 24
25 26 27 28 29 30
31 32 33 34 35 36

1 2 3 4 5 6
7 8 9 10 11 12
13 14 15 16 17 18

19 20 21 22 23 24
25 26 27 28 29 30
31 32 33 34 35 36