



CEREAL

LEADERSHIP

LIVE & LEAD EMPOWERED



**NOBLE
SHEEP®**



MEET YOUR INSTRUCTORS

ASLEY & JOSE



SPEAKERS.

Impacted thousands of students nation-wide with dynamic leadership presentations.



BROTHERS.

Best Friends since 2017. One day a week, they go on a walk to discuss values and goals.



GRADUATES.

Both graduated with a Bachelors in Family Youth and Community Sciences from the University of Florida.



ENTREPRENEURS.

Noble Sheep exists to create speeches, content, and products that help students become great leaders.

MEET YOUR
INSTRUCTORS

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LEARNING OBJECTIVES

1 BEST SELF.

What makes me unique? This course will help you create your own leadership style.

2 BEST WORK.


How can I become a great leader? This course shows the top 3 skills that help leaders make great impact.

3 BEST PEOPLE.

How can I build great relationships? This course will share ways to better connect with others as a leader.

4 BEST OUTCOMES.

This course prepares you to make a difference in your school, community, and world.



MODULE 1

THE BOX



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THE BOX



MODULE 1 KEY POINTS

In cereal leadership, nutritional facts
are a leader's values

LEADERSHIP
IS
INFLUENCE

VALUE
YOUR
UNIQUENESS

ACTIONS
REFLECT
VALUES

CEREAL
LEADERSHIP

ACTIVITY



CIRCLE YOUR TOP 8 VALUES

| | | |
|---------------|-----------------|-----------------|
| Authenticity | Fame | Peace |
| Achievement | Friendships | Pleasure |
| Adventure | Fun | Poise |
| Authority | Growth | Popularity |
| Autonomy | Happiness | Recognition |
| Balance | Honesty | Religion |
| Beauty | Humor | Reputation |
| Boldness | Influence | Respect |
| Compassion | Inner Harmony | Responsibility |
| Challenge | Justice | Security |
| Citizenship | Kindness | Self-Respect |
| Community | Knowledge | Service |
| Competency | Leadership | Spirituality |
| Contribution | Learning | Stability |
| Creativity | Love | Success |
| Curiosity | Loyalty | Status |
| Determination | Meaningful Work | Trustworthiness |
| Fairness | Openness | Wealth |
| Faith | Optimism | Wisdom |

CHOOSE

write your top 4 values & definitions

THESE VALUES SHOULD HELP GUIDE YOUR DECISIONS & ACTIONS

1



2



3



4



Leadership Facts

Serving Size 1 Day (24hrs)

Servings Per Person Unlimited

Amount Per Serving

Calories 0g

Calories from Fat 0

%Daily Values*

Total SELF AWARENESS

1000%

AUTHENCITY

500%

RESPECT

500%

SELF MANAGEMENT

1000%

SOCIAL AWARENESS

1000%

RESPONSIBLE DECISION MAKING

1000%

HARDWORK

500%

CONSITENCY

500%

Includes 0g of Added Excuses

0%

RELATIONSHIPS SKILLS

1000%

Vitamin CREATIVITY

250%

Vitamin HOPE

250%

Vitamin SERVICE

250%

Vitamin KINDNESS

250%

*Percent Daily Values are based on a belief that knowing your leadership facts are important for leading effectively. The first step to being a great leader is knowing your leadership facts!

Activity

Link the number the right statement

- 1 = Self Awareness
- 2 = Responsible Decision Making
- 3 = Social Awareness
- 4 = Relationship Skills
- 5 = Self Management

Managing one's emotions

Setting personal goals

Identify solutions for personal problems

Show curiosity and open-mindedness

Evaluate the consequences of one's actions

Develop positive relationships

Recognizing the strengths in others

Showing leadership in groups

Practicing team work

Having a growth mindset

Standing up for the rights of others

Show self-discipline and motivation

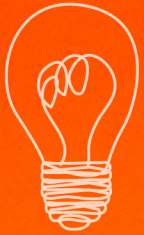
Resist negative social pressures

Show integrity and honesty

Taking the perspectives of others

MODULE 2

THE BAG



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THE BAG

MODULE 2 KEY POINTS

In cereal leadership, the bag represents a leader's mindset.

ABUNDANCE



SCARCITY

OPEN MINDSET



CLOSED MINDSET

OPTIMISM



PESSIMISM

Activity

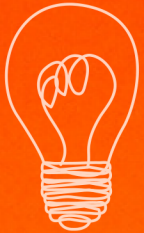
Link the sign with the right statement

+ Optimistic — Pessimistic & Abundance X Scarcity

- 1) Hang in there =
- 2) I don't know why I applied, I'm not going to do well in the interview =
- 3) Why should I study for this test? I always do bad on quizzes =
- 4) The more we share the more we have =
- 5) If I show you how to do it, I'm going to lose the advantage =
- 6) Nobody is going to show up at our event =
- 7) When life hands you lemons, make lemonade =
- 8) The glass is half empty =
- 9) There will never be enough =
- 10) How can we make this a win-win situation for everyone =
- 11) I can't afford this =
- 12) How can I afford this? =
- 13) There is not enough to go around =
- 14) This too, shall pass =
- 15) Change is never good =
- 16) There is always room for improvement =

MODULE 3

THE CEREAL



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THE CEREAL



MODULE 3 KEY POINTS

In cereal leadership, the cereal represents a leader's skillsets.

**SHAPE=
CONCEPTUAL
SKILLS**

**TASTE =
TECHNICAL
SKILLS**

**TEXTURE=
HUMAN
SKILLS**

CONCEPTUAL SKILLS

STRATEGY

HERE ARE A FEW TIPS TO IMPROVE YOUR
CONCEPTUAL SKILLS

WALKING BOOST
CREATIVE
THINKING

DO 1 THING AT
A TIME WHEN
POSSIBLE

STAY
HYDRATED:
THE BRAIN IS
80% WATER

ACTIVITY

Working on a puzzle reinforces connections between brain cells, improves mental speed and is an effective way to improve short-term memory.

Cereal Leadership

I K F A N T R E S I L I E N C E Y E
N N I N T E G R I T Y H K B H R L M
O A S I N T E R P E R S O N A L E P
B H T P U R E L I A B I L I T Y A O
L O V T I U R E S P E C T A O I D W
Z N A F I R E M P A T H Y W E K E E
S E L W Z T A X O P T I M I S M R R
H S U A Y N U T H O P E G I E J S M
F T E E G J H D I A B C P E T O H E
E Y S X F H T V E O C E R E A L I N
P T E C H N I C A L N O Z C B I P T
Y Y J T Q H C O N C E P T U A L R J

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

ATTITUDE
CEREAL
CONCEPTUAL
EMPATHY
EMPOWERMENT
HONESTY
HOPE

INSPIRATION
INTEGRITY
INTERPERSONAL
LEADERSHIP
NOBLE SHEEP
OPTIMISM
RELIABILITY

RESILIENCE
RESPECT
TECHNICAL
VALUES

TECHNICAL SKILLS

STRATEGY

HERE ARE A FEW TIPS TO IMPROVE YOUR
TECHNICAL SKILLS

**PRACTICE
PRACTICE
PRACTICE**

**TEACH
SOMEONE
WHAT YOU
KNOW**

**LEARN FROM
SOMEONE
BETTER THAN
YOU**

REFLECTION



Answer the questions below:

What technical skill do you want to be the best in the world at?

What can you do today to further develop that skill?

What type of job/business will best benefit from that skill?

How can you use that skill to help someone this week?

Who is someone who you can learn from to develop that skill?

HUMAN SKILLS



STRATEGY

HERE ARE A FEW TIPS TO IMPROVE YOUR
HUMAN SKILLS

**CALL
INSTEAD OF
TEXT**

**REMEMBER
NAMES**

**MAINTAIN
EYE
CONTACT**

RATE YOURSELF

HUMAN SKILLS ASSESSMENT

From a scale of 1 - 10 (10 being best), rate your ability to:

Communicate effectively:

1 2 3 4 5 6 7 8 9 10

Develop positive relationships:

1 2 3 4 5 6 7 8 9 10

Practice teamwork and collaborative problem-solving:

1 2 3 4 5 6 7 8 9 10

Resolving conflicts in a healthy way:

1 2 3 4 5 6 7 8 9 10

Resist negative peer pressures:

1 2 3 4 5 6 7 8 9 10

Seek or offer support and help when needed:

1 2 3 4 5 6 7 8 9 10

Take time to understand other's perspectives:

1 2 3 4 5 6 7 8 9 10

Recognize the strengths in others:

1 2 3 4 5 6 7 8 9 10

Show empathy and compassion:

1 2 3 4 5 6 7 8 9 10

Understand and express gratitude:

1 2 3 4 5 6 7 8 9 10

Add each rating together for total score: _____

*Next page provides breakdown of score.

RESULTS

HUMAN SKILLS RATING RESULT

0 - 69 Points

**Needs
Improvement**

70-79 Points

Average

80 - 89 Points

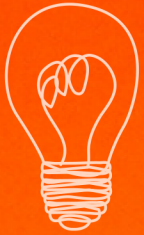
Above Average

90 - 100 Points

Outstanding

MODULE 4

THE CEREAL



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THE BOWL

MODULE 4 KEY POINTS

In cereal leadership, the bowl represents
your environment

GO WHERE
YOU CAN
GROW

CHANGING
PLACES HELPS
CHANGE
BEHAVIORS

DIGITAL
ENVIRONMENTS

ACTIVITY

PLEASE RATE THE ENVIRONMENTS BELOW:



YOUR ROOM



YOUR SCHOOL



YOUR COMMUNITY

REFLECTION



Answer the questions below:

Which environments helps you focus on your goals?

Which environments influences behaviors you are not proud of?

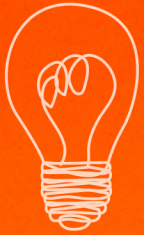
Which environments challenges you to be the best version of yourself?

What can you do today to de-clutter your home environment (etc. Your room?)

What can you do today to align your social media timeline with your goals?

MODULE 5

THE MILK



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THE MILK

MODULE 5 KEY POINTS

In cereal leadership, the milk represents relationships

**BE INTERESTED,
BEFORE BEING
INTERESTING**

**KEEP THE
PROBLEM &
PERSON
SEPARATE**

**MENTORSHIP
ACCELERATES
PROGRESS**

Activity

Link the sign with the statement

+ Positive Relationships (Milk) – Negative Relationships (Spoiled Milk)

What type of relationship would we build if...

- I seek to understand you, rather than to be understood?
- I never keep my word?
- I always bring out the worst in you?
- I treat you with respect during a conflict?
- I rudely and constantly interrupt you?
- I gossip and trash talk about other people around you?
- I push you to be more accepting of yourself?
- I never give, but only take?
- I treat you meanly, but disguise it as fun and humor?
- I never talk about you behind your back?
- I pressure you to do things you know are wrong?
- I honor your values and boundaries?
- I am not threatened by your success?
- I take time to notice the little things?
- I help you live up to your full potential?
- I can disagree with you in a polite way?
- I forget to include you and then lie about it?
- I am honest with you, even when it's hard to hear?
- I am there for you when you need it the most?
- I am actively listening as you speak?

REFLECTION



Answer the questions below:

Who challenges you to be and do better? How so?

Who can you count on when you are having a bad day?

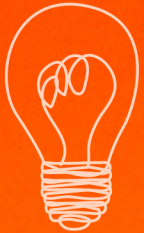
Who do you trust the most? Why?

Who do you need to let go of? Why?

Who can you show appreciation to today? How will you do it?

MODULE 6

THE SPOON



THE SPOON

MODULE 6 KEY POINTS

In cereal leadership, the spoon represents service

**Leadership
starts with
service**

**LIFT
OTHERS
UP**

**YOU CAN
MAKE A
DIFFERENCE
TODAY**

ACTIVITY

★ READ THIS STORY: ★

One morning, an elderly woman was walking along the beach when she noticed a young boy picking something off the sand and throwing it into the sea.

As she got closer, the woman realized the child was throwing stranded starfishes that had washed up on the shore back into the breaking waves.

Approaching the boy, the woman asked what he was doing.

“The starfish will die if they’re still on the shore when the sun rises,” he replied.

Perplexed, the old woman said, “But that’s pointless! There are countless miles of beach and thousands of starfish. It doesn’t matter how many you return to the water, you can’t make a difference.”

Unfazed, the boy bent down, picked up another starfish, and tossed it into the sea.

“It matters to this one,” he said.

REFLECTION



Answer the questions below:

Who was the most important character in the starfish story? Why?

What are three lessons you learned from the starfish story?

How do you think the woman responded after the boy's last response to her?

What would you like to change about your school? Why is this a need?

What will you do today to start making a difference in your school?

MODULE 7

STAY IN THE CRUNCH



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STAY IN THE CRUNCH



NEXT STEPS:

1

GET STARTED
USE WHAT
YOU'VE LEARNED

2

GET CONNECTED
SHARE WHAT
YOU'VE LEARNED

3

GET REFRESHED
GROW
IN LEARNING

YES/NO

CHECKLIST

AS YOU READ EACH STATEMENT, SIMPLY TICK "YES" IF YOU AGREE OR "NO" IF YOU DISAGREE WITH THE STATEMENT.

| | | | |
|-----------|---|--|---------------------------------------|
| 01 | I BELIEVE THAT I CAN BE A GREAT LEADER | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 02 | THIS COURSE HELPED ME UNDERSTAND WHAT LEADERSHIP IS | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 03 | I AM COMMITTED TO LIVING ACCORDING TO MY VALUES AS A LEADER | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 04 | I AM PREPARED TO DEVELOP POSITIVE RELATIONSHIPS AS A LEADER | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 05 | I UNDERSTAND THAT SERVICE IS IMPORTANT TO BECOME A GREAT LEADER | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 06 | I BELIEVE THAT I CAN MAKE A DIFFERENCE TODAY | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 07 | I AM COMMITTED TO KEEP TRYING EVEN WHEN LEADING GETS TOUGH | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 08 | THIS COURSE HAS HELPED ME BE A BETTER LEADER | YES <input type="checkbox"/> | NO <input type="checkbox"/> |

GOAL SETTING

ACTION BRAINSTORMING CAN HELP IDENTIFY WHAT THINGS ARE HELPING OR STOPPING YOU FROM ACHIEVING YOUR GOALS.

MY GOAL:

STOP
DOING

DO
LESS OF

KEEP
DOING

DO
MORE OF

START
DOING

LEADERSHIP Journal

DATE:

TIME:

◆ Monthly Wins

◆ How does it make me feel?

◆ Challenges

◆ How can I improve it?

Accomplished Goals

Unaccomplished Goals

Goals Next Month

Habits Retained

Habits Eliminated

New Habits Developed

(Good & Bad)

Three things that I am most grateful for this month:

Two life lessons I learned this month:

One word that best describes this month:

How will you rate this month?



EXTRA CREDIT



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GET STARTED

1 INVOLVEMENT

Get involved in a school club, team, activity, job, or volunteer opportunity.

2 ADD VALUE

Give your best efforts, attitude, talent, and skill in every opportunity.

3 PACE YOURSELF

Many people start, but few finish what they started. Growth and impact happens over time.

GET CONNECTED

1 RELATIONSHIP

Take time to build great relationships with people who want to make a difference.

2 FOLLOWERSHIP

Before we give instructions, we must be able to follow them. Support others well as they lead.

3 MENTORSHIP

Connect with, learn, and get feedback from leaders who are where you wish to be.

GET REFRESHED

1 READ AMAZING BOOKS:

- How To Win Friends & Influence People - Dale Carnegie
- 7 Habits of Highly Effective Teens - Sean Covey
- Who Moved My cheese? - Spencer Johnson
- The 21 Irrefutable Laws of Leadership - Dr. John Maxwell

2 WATCH AMAZING TEDx TALKS:

- Simple encounters lead to profound moments - Jose Alvarez
- Leading with Lollipops - Drew Dudley
- You are contagious - Vanessa Van Edwards
- Why good leaders make you feel safe - Simon Sinek

3 DO SOMETHING AMAZING:

- Volunteer in Your Area
- Give an unexpected gift to someone
- Get involved in a school club/activity
- Write down what and who you are grateful for

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CONGRATULATIONS
YOU ARE CEREAL LEADERSHIP CERTIFIED!



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