



YOUTH LEADERSNY

30-DAY YOUTH LEADERSHIP CHALLENGE!

Ignite your leadership potential-one day at a time!



Welcome to the 30-Day Youth Leadership Challenge!

This journey is all about discovering your unique strengths, building skills, and learning how to positively impact your world. Each day features a short activity, reflection, or action step.

Why take the 30-day Youth Leadership Challenge?

Leaders aren't born, they are ordinary people, like you, who choose to lead and learn to become leaders.

It always starts with a spark!

Sometimes it's a bright idea or a dream. Other times, it's a moment of fierce determination, seeing a need in your community and believing, with unstoppable force that you can make a difference. This 30-day challenge is a simple way to focus your leadership journey. **It's designed to ignite your passion to lead through service.**

What do I Need?

All you need is this workbook, something to write with, and the courage to lead.



You can write, doodle, or draw your way through the challenge.



Not into writing? No problem! Grab your phone or tablet and use a video or voice memo app to share your thoughts. You can make a quick vlog, voice note, or even start a mini podcast.

Don't overthink; do what makes you comfortable. You can choose to share your journey online or keep it private. It's entirely up to you.

Earn your 30-Day Youth Leadership Challenge Certificate!

Ready to make it official? Share your **"Dear Future Me" letter** (Day 29) and your **Day 30 Reflection** with the *Excellence in Youth Leadership and Service Foundation*. We will send you a printable certificate.

Your certificate shows mentors, youth group advisors, employers—or even college admissions teams—that you're serious about becoming a confident, thoughtful, and action-ready leader.

This is your moment. Own it. Lead it. Are you ready?

WEEK 1

Know Yourself

(Self Awareness & Reflection)



DAY 1

What are the values that matter most to you? How do they guide the choices you make?

DAY 2

What are your top 3 strengths? What are 2 areas you want to improve?



1

2

3

1

2



★★★★★
BEST QUALITY

DAY 3

Ask 3 people what they see as your best quality. Write their answers here:

DAY 4

Set one personal leadership goal for the next 30 days:

GOAL!

DAY 5

Write about what leadership means to you:



DAY 6

Research or watch something about a leader you admire. What did you learn?



DAY 7

Reflect: What kind of leader do you want to be?

What is Your
LEADER
Type?

[illegible]

DAY 10

**Do something helpful without being asked.
What was it?**



DAY 11

**Swap one bad habit for a good one.
What's your plan?**

FOCUS ON
your good
HABITS

DAY 12

**Write a positive affirmation about yourself.
Say it out loud!**

Think
positive ☺

DAY 13

**Reach out to a mentor or role model.
What advice did they share?**



DAY 14

Reflect: What did you learn about leading yourself this week?



WEEK 3

Lead with Others

(Communication & Teamwork)

DAY 15

**Ask someone a deep or thoughtful question.
What did you learn?**



DAY 16

Practice active listening today. What stood out?



DAY 17

Encourage someone. How did you do it?

**YOU CAN
DO IT**

DAY 18

**Take initiative in a group setting.
What happened?**



DAY 19

Handle a disagreement kindly. What was the outcome?



DAY 20

Teach someone something you know well.



DAY 21



Reflect: How do others feel when you're leading?

WEEK 4

Lead for Impact

(Service & Influence)

DAY 22

What's one need you see in your community or school?



DAY 23

Create a simple plan to help with that need.

PROJECT NAME:

TIMELINE:
Start:

Finish:

PROJECT SUMMARY:

TASKS

-
-
-
-
-
-
-

OBJECTIVES

MILESTONES

RESOURCES

DAY 24

Invite others to join or support your idea.



Talk



Call



Mail



Email



Website



Social Media

What would you say?

DAY 25

**Take action, even if it's a small step.
What did you do?**



DAY 26

**Thank someone who supports or inspires you.
Who did you thank and why?**



DAY 27

**Share a leadership lesson with someone younger.
What lesson did you share?**



DAY 28

Reflect: What impact did you make this week?

FINAL DAYS Lead Forward



DAY 29

Write a letter to your future self about the kind of leader you want to be.



DAY 30

What was your biggest lesson from this challenge