



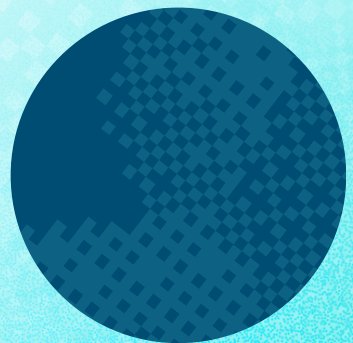
The 12 Principles for LEADERSHIP FOR LIFE

Curriculum Guide & Teacher Resource

Based on Research by

BECOMING YOUR BEST
GLOBAL LEADERSHIP

Aligned with CASEL Social-Emotional Learning Standards



powerupsuccess.com



+603 7960 3088



info@powerupsuccess.com

INTRODUCTION

Why Leadership Is Important for Students Today

In today's fast-paced, distraction-filled world, students are expected to balance academics, activities, relationships, and future goals all at once. Leadership is not a position—it is a daily practice shaped by choices, habits, and how we manage ourselves. Learning leadership principles equips students with the skills to take control of their time, focus their energy, and lead their lives with intention.

In this course, students will explore The **12 Principles for Leadership for Life** across 12 units of study. These principles are based on over **40 years of research** by **Becoming Your Best Global Leadership**, which studied highly successful leaders and top performers—the top 10% across industries. Through this research, 12 principles consistently emerged as the common denominator among the very best.

While originally studied in professional leaders, these principles are just as relevant for students. Applying them helps students develop the skills, habits, and mindset that support academic achievement, personal growth, and strong relationships. **The 12 Leadership for Life** principles give students practical tools to navigate challenges, set and achieve goals, and make values-based decisions.

Leadership begins with self-leadership. Before students can lead others effectively, they must learn to manage their time, act with integrity, communicate clearly, and persevere through obstacles. Through this curriculum, students develop discipline, accountability, focus, and resilience, while also cultivating empathy, collaboration, creativity, and the ability to approach challenges with confidence.

Leadership for Life encourages students to view leadership as a lifelong practice that extends beyond achievement alone. By mastering these 12 principles, students gain the tools to live with purpose, maintain balance, build meaningful relationships, and contribute positively to their communities. They learn that effective leadership combines productivity with character, vision, and perseverance—preparing them not only to excel in school but to thrive in life.

The 12 Principles for Leadership for Life

#	Principle	What Students Will Explore
1	Be True to Character	Develop integrity, honesty, and identity. Students explore how daily choices reflect character and build a lasting reputation.
2	Lead with a Vision	Clarify personal vision and purpose. Students learn to think ahead, set direction, and inspire others with a compelling sense of where they are going.
3	Roles and Goals	Understand the multiple roles students play and set S.M.A.R.T. goals aligned to each. Students learn to balance responsibilities with intention.
4	Prioritize Your Time	Master pre-week planning and intentional time use. Students distinguish between urgent and important and learn to schedule priorities rather than react to schedules.
5	Live the Golden Rule	Practice empathy and treat others the way they want to be treated. Students apply this principle across classrooms, friendships, and digital spaces.
6	Build and Maintain Trust	Understand how trust is earned through consistent action. Students explore what builds or damages trust and how to repair it when broken.
7	Be an Effective Communicator	Develop active listening and clear communication skills. Students learn how emotions, tone, and body language affect every interaction.
8	Innovate Through Imagination	Build creative thinking and problem-solving skills. Students use mind-mapping, journaling, and design thinking to see possibilities where others see obstacles.
9	Be Accountable	Take ownership of choices and actions. Students practice shifting from blame to responsibility and learn how accountability builds trust and leadership.
10	Apply the Power of Knowledge	Develop lifelong learning habits. Students explore how what they consistently input into their minds shapes their mindset, decisions, and outcomes.
11	Live in Peace and Balance	Manage stress, build resilience, and find balance across life's demands. Students explore how to control what they can and let go of what they cannot.
12	Never Give Up	Build grit and perseverance. Students learn that challenges are not the end of the story—how they respond to adversity defines who they are becoming.

Standards Alignment: CASEL Core Competencies

The Leadership for Life curriculum is fully aligned with the CASEL (Collaborative for Academic, Social, and Emotional Learning) framework.

Each unit is built around key leadership themes that support whole-person development. The five CASEL core competencies are embedded throughout all 12 units:

CASEL Standard	Description
Self-Awareness	The ability to understand one's own emotions, thoughts, values, strengths, and limitations, and how they influence behavior. Includes recognizing emotions, identifying personal strengths and areas for growth, developing a growth mindset, and understanding how values guide actions.
Self-Management	The ability to regulate emotions, thoughts, and behaviors in different situations in order to achieve goals. Includes managing stress and emotions, setting and working toward goals, time management and organization, and self-discipline and motivation.
Social Awareness	The ability to understand and empathize with others, including those from diverse backgrounds and cultures. Includes showing empathy and compassion, respecting differences, understanding social norms, and recognizing the impact of actions on others.
Relationship Skills	The ability to establish and maintain healthy, rewarding relationships with diverse individuals and groups. Includes clear and effective communication, active listening, cooperation and teamwork, conflict resolution, and building trust.
Responsible Decision-Making	The ability to make caring, constructive choices about personal behavior and social interactions. Includes ethical decision-making, evaluating consequences, problem-solving, accountability for actions, and applying learned knowledge to real-life situations.

Program Structure and Instructional Design

Each unit in the Leadership for Life curriculum is anchored in a core principle and is intentionally designed to support students' personal growth, leadership development, and social-emotional learning. Within each unit, the curriculum provides:

- CASEL Standards – The specific social-emotional competencies addressed in the unit.
- Enduring Understandings – The big ideas students should carry with them beyond the classroom.
- Essential Questions – Thought-provoking questions that guide inquiry and reflection throughout the unit.
- Objectives – Clear, measurable learning goals for the unit.
- Discussion Prompts – Ready-to-use prompts for whole-class, partner, or small-group discussion.
- Activities – A sequence of learning experiences aligned to both the leadership principle and CASEL standards.
- Assessment Options – A range of reflective, performance-based, creative, and summative assessment tools.
- Additional Resources – Curated links, books, videos, and tools to extend learning.

Required vs. Optional Activities

Throughout the program, select activities are designated as required to maintain fidelity to the Leadership for Life framework and the developmental process of Becoming Your Best. Additional activities are offered as optional extensions, allowing educators flexibility and professional discretion in lesson implementation. Teachers are also encouraged to design and incorporate their own classroom activities to best address student interests, learning styles, and individual needs.

Flexibility and Adaptability

The curriculum is intentionally adaptable and may be extended or condensed based on course length, semester structure, grading periods, or instructional pacing. This flexibility allows Leadership for Life to be implemented effectively across a variety of educational settings while maintaining alignment with its core principles and standards.

Preparing Students for Leadership for Life

Leadership for Life is designed to be more than a course—it is a framework for personal growth, self-leadership, and lifelong success. By grounding instruction in research-based leadership principles and aligning learning experiences with CASEL social-emotional competencies, this curriculum equips students with the skills, habits, and mindset needed to thrive in school and beyond.

Through intentional practice, reflection, and application, students learn to lead themselves with purpose, integrity, and balance. This curriculum empowers educators to create meaningful learning experiences while maintaining fidelity to a proven leadership development process.

Ultimately, Leadership for Life prepares students to navigate challenges, build strong relationships, and make responsible decisions in an increasingly complex world. By developing character, productivity, and social-emotional competence, students are not only prepared for academic and professional success—they are prepared to live lives of purpose, balance, and positive influence. The lessons learned in this course are intended to extend far beyond the classroom, shaping students into capable, confident leaders for life.





THANK YOU!

For more information, please get in touch with us for a presentation!



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