



Heroes to Habits

Activity Introduction & Directions

Here is a great exercise to use with groups of CFES Scholars to begin a discussion about leadership and how to become a leader on a daily basis. There are many ways to modify this activity, so feel free to experiment!

Print out enough copies of the “Heroes to Habits / Stories & Quotes” document (pages 2-12) so that pairs of Scholars can share the same hero. This can be a great icebreaker for students who don’t know each other, if you have enough copies so that two Scholars can get together, introduce themselves, and then talk about the hero that they share. After allowing a few minutes to discuss the meaning of the quote and the leadership traits that they identify in the hero, have Scholar pairs report out to the group. Have someone write the traits on chart paper or a whiteboard, and you will have generated a good list of leadership qualities.

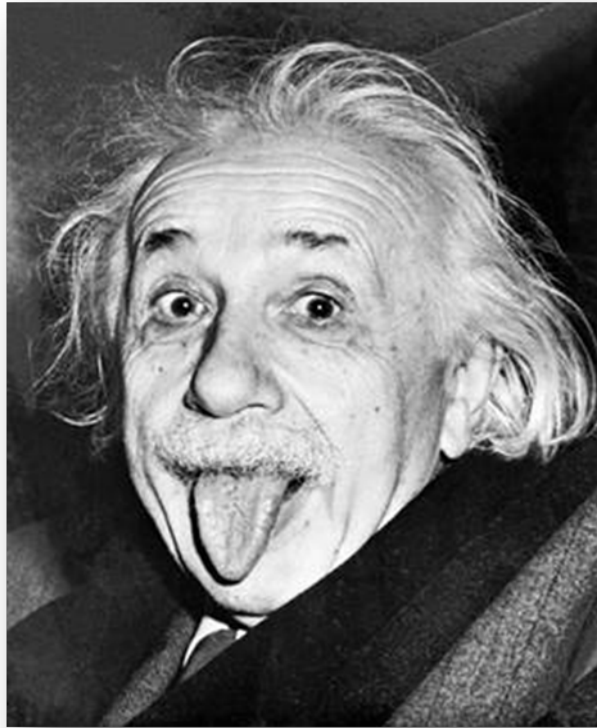
If you wish to extend this activity, have Scholars think of a leader that they would have included in this exercise, along with a quote (or paraphrase of a quote) from that person. Scholars can discuss the reasons that they chose this leader for inclusion. If you have the opportunity either before or after this exercise, ask Scholars to research an individual and develop a similar format for him/her with a photo, quote, and biographical information.

This activity also can be extended to include each Scholar’s identification of himself or herself as a leader by choosing a quote s/he would use and a brief description of his/her leadership qualities and activities. This will help Scholars see that **leadership is not something solely identified with “great” leaders but with average individuals on a daily basis.**

The inventory on page 13 of this document can be used to identify traits that a Scholar already possesses, as well as ones that s/he would like to develop/strengthen. The list of traits can be expanded based on Scholar input. This activity can then segue into a discussion of the “Multiple Ways of Being a CFES Leader,” using the list provided.

Heroes to Habits

Stories & Quotes



Anyone who has never made a mistake has never tried anything new.

Albert Einstein

Einstein (1879-1955), born in Ulm, Germany, was perhaps the greatest theoretical physicist of all time. While teaching at a Swiss university, Einstein worked as a patent clerk in Berne and published six important papers in physics. His work contributed greatly to the understanding of matter and energy, and he proposed the now famous relationship between mass and energy, $E=Mc^2$. He is perhaps best known for his **Theory of Relativity**. Einstein won the Nobel Prize in Physics in 1922 for his work on the Photoelectric Effect. Leaving Nazi Germany in 1933 to escape increasing anti-Semitism, Einstein accepted an invitation to the Institute for Advanced Studies at Princeton, New Jersey, where he spent the rest of his life. Although a pacifist, he was instrumental in convincing President Roosevelt to pursue atomic weapons to hasten the end of World War II.

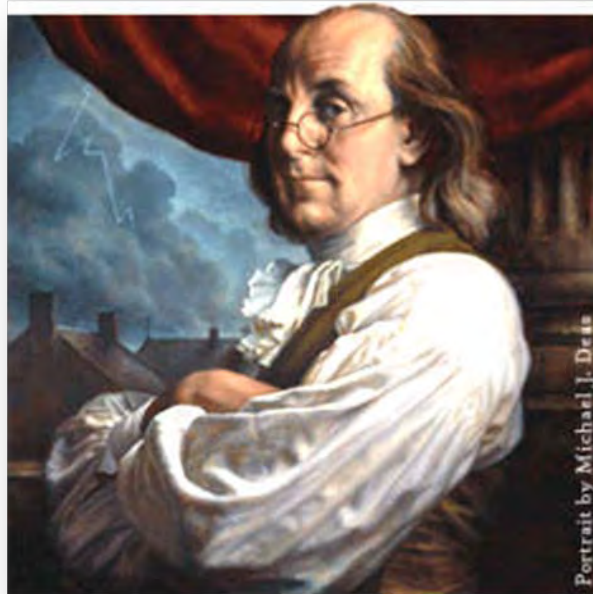


Giving kids clothes and food is one thing, but it's much more important to teach them that other people besides themselves are important and that the best thing they can do with their lives is to use them in the service of other people.

We criticize and separate ourselves from the process. We've got to jump right in there with both feet.

Dolores Huerta

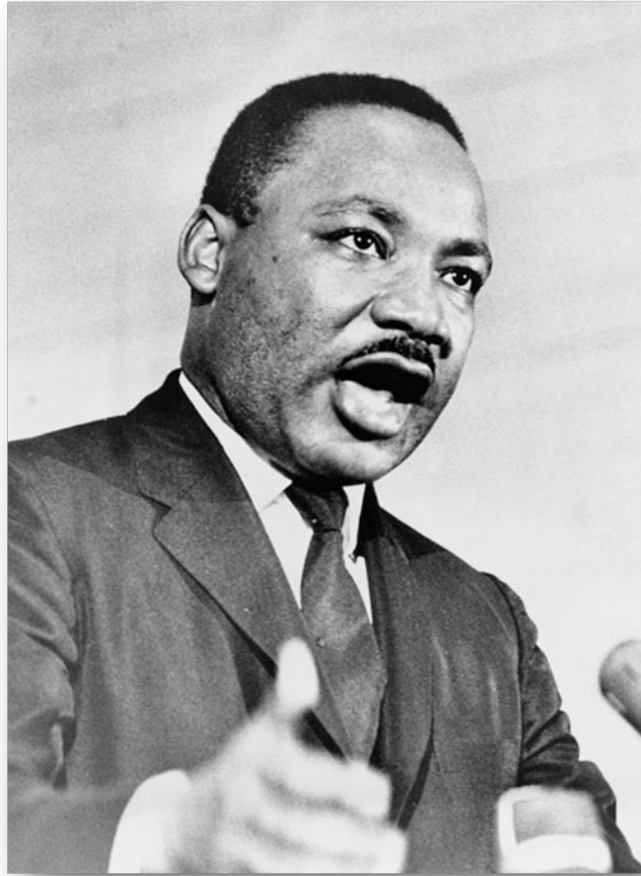
Dolores Huerta was born in 1930 in New Mexico. Her parents divorced when she was very young, and she was raised by her mother in Stockton, California, with the active involvement of her grandfather, Herculano Chavez. Dolores Huerta served a key role in the early years of farm worker organizing though has only recently been given full credit for this. Among other contributions was her work as the coordinator for East Coast efforts in the table grape boycott, 1968-69, which helped to win recognition for the farm workers' union. It was during this time that she also became connected with the growing feminist movement. She worked alongside Cesar Chavez in the fight for fair wages and treatment of the people who harvest our crops. She helped win basics like toilets and drinking water for the farm workers and later disability insurance for them.



Either write something worth reading or do something worth writing.

Benjamin Franklin

Born in Boston, Massachusetts, Benjamin Franklin (1706-1790) was an author, printer, inventor, scientist, publisher, printer, and diplomat. He was truly a man of many talents. Franklin was known for his wit and humor, much of which was published in **Poor Richard's Almanac**, and for his proof that lightning is a form of electricity by experimenting with a kite in a thunderstorm. He played a pivotal role in the revolutionary and formative years of the United States. He helped draft the Declaration of Independence in 1776, represented the US in France during the war, and was involved in negotiating the peace with Britain in 1781. Franklin was a stabilizing figure at the Constitutional Convention in 1787. He founded the world's first public fire department, the first public lending library, and what later became the University of Pennsylvania.



Injustice anywhere is a threat to justice everywhere.

Darkness cannot drive out darkness; only light can do that.

Hate cannot drive out hate; only love can do that.

Dr. Martin Luther King, Jr.

Minister, speaker, and civil rights activist, Dr. Martin Luther King, Jr. (1929-1968) founded the Southern Christian Leadership Conference and effectively promoted the cause of equal rights through nonviolent demonstration. Some 200,000 people joined him in the March on Washington in 1963. He was the youngest person ever to receive the Nobel Peace Prize, which he was awarded in 1964.



Am I not destroying my enemies when I make friends of them?

Abraham Lincoln

Born in the backwoods of Kentucky in 1809, Abraham Lincoln (1809-1865) worked as a rail splitter, boatman, postmaster, surveyor, storekeeper, lawyer, state legislator, and congressman before gaining national attention during debates for election to the United States Senate. When he was elected the 16th President, seven states had already seceded from the Union, to be followed by four more. He guided the US through five years of traumatic civil war and issued the **Emancipation Proclamation** to outlaw slavery in the United States. His Gettysburg Address, written on the train ride to the battlefield, is still considered a masterpiece.

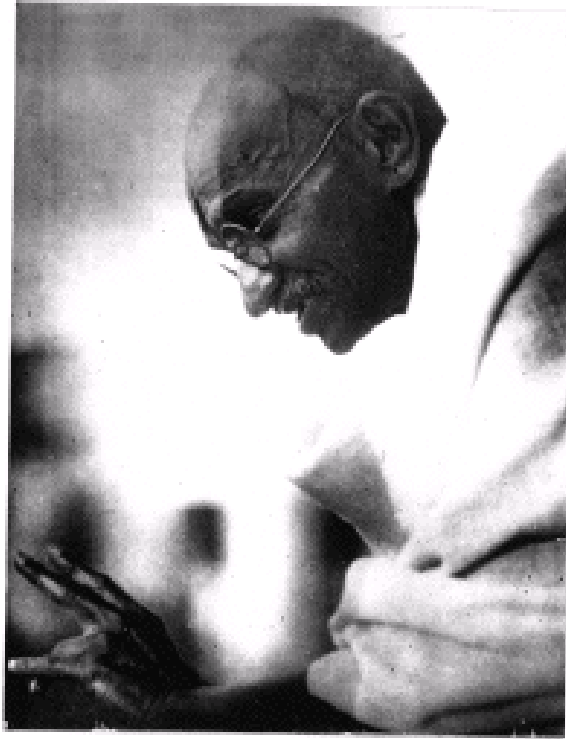


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*Nonviolence is not inaction. It is not discussion. It is not for the timid or weak....
Nonviolence is hard work. It is the willingness to sacrifice.
It is the patience to win.*

César Estrada Chávez

César Estrada Chávez (1927-1993) was a Mexican American farm worker, labor leader, and civil rights activist who, with Dolores Huerta, co-founded the National Farm Workers Association, which later became the United Farm Workers (UFW). Supporters say his work led to numerous improvements for union laborers. His birthday (March 31) has become César Chávez Day, a state holiday in eight US states. Many parks, cultural centers, libraries, schools, and streets have been named in his honor in cities across the United States.



*An eye for an eye makes the whole world blind.
You must be the change you want to see in the world.*

Mahatma Gandhi

Mahatma Gandhi (1869-1948) was a great political and spiritual leader for India, at a time when India was still under the rule of the British Empire. Gandhi showed through protesting in a nonviolent way that great things could be achieved. Through his pioneering way of the philosophy Satyagraha (the resistance of tyranny through mass civil disobedience), Gandhi led India to independence.



*Those who don't know how to weep with their whole heart
don't know how to laugh either.*

Golda Meir

Golda Meir (1898-1978), born in Kiev, Russia, was a founder of the state of Israel and served as its labor minister, foreign minister, and then prime minister from 1969-1974. While in office she strove for diplomatic settlements to Arab-Israeli conflicts.



The most effective way to do it, is to do it.

The woman who can create her own job is the woman who will win fame and fortune.

Amelia Earhart

Amelia Earhart (born 1897; missing July 2, 1937; declared legally dead January 5, 1939) made great strides in opening the new field of aviation to women. In 1935 she became the first person to fly from Hawaii to the American mainland and in doing so became not only the first person to solo anywhere in the Pacific but also the first person to solo both the Atlantic and Pacific oceans. That same year Amelia joined the faculty of Purdue University as a female career consultant. It was the purchase of a Lockheed Electra, through Purdue University, that enabled Amelia to fulfill her dream – circumnavigating the globe by air.



Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.

Harriet Tubman

Harriet Tubman (c. 1822-1913) was born in Dorchester County, where she spent nearly 30 years as a slave before escaping in 1849. She later led hundreds of slaves to freedom as part of the anti-slavery resistance network known as the Underground Railroad.



Do not wait for leaders; do it alone, person to person.

Do not think that love, in order to be genuine, has to be extraordinary.

What we need is to love without getting tired.

Mother Teresa

Mother Teresa (1910-1997), whose original name was Agnesë Gonxhe Bojaxhiu, was born in what is now Skopje, Macedonia. For her work with the poor around the world she received the 1979 Nobel Peace Prize. Her interest in India began when as a child she attended meetings of an organization known as the Sodality of Our Lady, where letters from Yugoslavian priests working in Bengal were read. On November 29, 1928, she joined a religious order and took the name Teresa. The order immediately sent her to India. A few years later, she began teaching in Calcutta, and in 1948 the Catholic Church granted her permission to leave her convent and work among the city's poor. She became an Indian citizen that same year. In 1950, she founded a religious order in Calcutta called the Missionaries of Charity, which provides food for the needy and operates hospitals, schools, orphanages, youth centers, and shelters for lepers and the dying poor. It now has branches in 50 Indian cities and 30 other countries.

You Can Be a Leader!

My Personal Leadership Quote

Leadership to me is _____

Identify Your Leadership Qualities

LEADERSHIP QUALITIES	RANK YOURSELF ON A 1-10 SCALE <i>(where 1 = doesn't apply to 10 = definitely have it)</i>	CREATE NEW HABITS <i>(Which qualities would you like to work on? Are there ones you'd like to strengthen or add?)</i>
Courage		
Visionary		
Change Agent		
Decisive		
Perseverance		
Risk Taking		
Creativity		
Confidence		
Self-Discipline		
Honesty		
Sense of Humor		