

Name: _____

Hour: _____

VIDEO WORKSHEET

Review

Directions: After watching “Personal Potential: The Power of One – Respect, Optimism, Positive Energy”, answer the following questions.

1. What is the difference between personal leadership and positional leadership?
2. What are some examples of places where you are a leader?
3. What questions can you ask yourself to help you understand who you are?
4. What things don't necessarily make you powerful?



5. What are four steps to personal power?

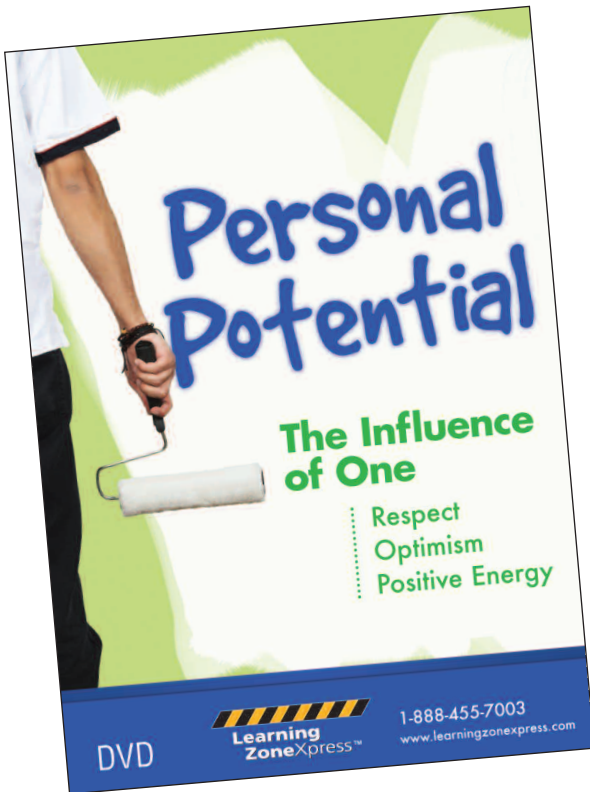
6. As a personal leader, what four questions does Dr. Verna say you should ask yourself?

7. A leader who is an “adder” has what characteristics?

8. A leader who is a “subtractor” has what characteristics?



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TEACHER'S KEY

Review

Directions: After watching “Personal Potential: The Power of One – Respect, Optimism, Positive Energy”, answer the following questions.

- What is the difference between personal leadership and positional leadership?
Personal leadership is the desire of an individual to take charge of his or her own life. Positional leadership is a position or a title that is given to you.
- What are some examples of places where you are a leader?
Answers will vary:
Home
Siblings
Family
School
Community
Church, synagogue or place of worship
Yourself
- What questions can you ask yourself to help you understand who you are?
What are you good at?
What do you like?
What do you get compliments on?
What have you been successful at?
- What things don't necessarily make you powerful?
Positional power, money, the car you drive, the degrees you have, the people you know.

5. What are four steps to personal power?
- 1. Power to think something new (think a new thought)**
 - 2. Power to see something new (can you see yourself successful?)**
 - 3. Power to say something new (speak positively about yourself and others)**
 - 4. Power to do something new (take action)**
6. As a personal leader, what four questions does Dr. Verna say you should ask yourself?
- Who am I?**
What do I want?
Where am I going?
What kind of impact will I have?
7. A leader who is an “adder” has what characteristics?
- Creates positive change**
Thinks and speaks positively
Is optimistic
Values other people
Has positive energy
Values time
8. A leader who is a “subtractor” has what characteristics?
- Creates drama**
Wastes time
Is pessimistic about their future