

#LEAD

## Self-Leadership Toolkit for Kids (Ages 6–14)

5 Practices to Build Inner Direction

You can't lead a team, a project, or a life if you can't lead yourself first. Five practices – with age-specific versions – to build internal direction.

### Practice 1 · Morning intention (ages 6+)

**What it is:** Each morning, one sentence: 'Today I want to...' Not a goal – an intention. The difference: goals measure outcome, intentions guide direction.

**Ages 6–8:** Draw it instead of writing it.

**Ages 9–12:** Write one word – a quality to embody today.

**Teens:** One sentence in a notebook, kept private unless they choose to share.

### Practice 2 · Decision journal (ages 8+)

**What it is:** One small decision per day, recorded. The format: What did I decide? Why? How did it go?

**Why it works:** Awareness that decisions are being made builds agency. Most kids (and adults) act without noticing they're choosing.

**Ages 8–11:** 3 lines max. Keep it simple.

**Teens:** Can include bigger decisions – including social ones.

### Practice 3 · Weekly self-reflection (ages 10+)

**3 questions, once a week:**

- › What worked this week?
- › What didn't work – and what would I change?
- › What's one thing I want to do differently next week?

**Note:** This is not a performance review. It's a self-conversation. No grades, no comparison, no parental input unless asked.

### Practice 4 · 'My values' card (ages 8+)

**What it is:** Three words the child chooses to describe who they want to be. Not 'smart' or 'good' – deeper than that.

**Examples:** curious, kind, brave, honest, creative, steady, free, fair.

**Use:** When facing a difficult decision: 'Does this choice fit who I said I want to be?'

**Review once a year.** The words will change. That's growth.

### Practice 5 · One stoic challenge per month (age-graduated)

**Ages 6–8**

Do something kind without anyone seeing. Don't tell anyone after.

**Ages 9–11**

When something goes wrong today, identify one thing you can still control.

**Ages 12+**

For one full day, notice every time you say something because you think others expect it – not because you actually believe it.



¿QUIERES PROFUNDIZAR?

Este recurso es solo una muestra de las herramientas del libro *El Pequeño Estoico*. Cuentos y actividades que enseñan a los niños a ser fuertes, tranquilos y sabios. Filosofía estoica, inteligencia emocional y crianza consciente para niños de 5 a 12 años — todo en historias bellamente ilustradas.

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