

THE  
90  
DAY LEADER

THE BIRTH OF SELF-DISCOVERY

INSTRUCTORS GUIDE



NAME \_\_\_\_\_

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## Quote:

“

Even if you don't  
know your purpose  
just strive to be one of  
the greatest persons to  
have ever lived.

”

– Darius Pettway



## Quote:

“

If you're afraid to fail,

then you're probably

going to fail.

”

– Kobe Bryant

# Welcome: The 90-Day Leader: The Birth of Self-Discovery

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Congratulations on being part of a transformative journey designed to shape the next generation of leaders. As an instructor, you hold the responsibility of creating a safe and empowering environment where students feel free to learn, grow, and express themselves without judgment. This journey requires patience, encouragement, and the belief that each student has the potential to unlock their unique strength and develop their weaknesses.

This workbook is designed not only to challenge students to think outside the box but also to empower them in expressing themselves authentically. Your role is to craft each lesson thoughtfully, creating a space that empowers healthy dialogue and self-expression. The goal is to help students understand that true leadership is rooted in self-discovery, service to others.

Use these lessons to inspire reflection, stimulate meaningful discussions, and support students in creating actionable plans aligned with their values and goals. By supporting their journey, you help lay the groundwork for a generation of leaders who are self-aware, purpose-driven, and capable of inspiring others. Thank you for your commitment to nurturing growth and transformation in these young leaders.

## Quote:

“

I will do today what  
others won't, so I can  
do tomorrow what  
others can't.

”

– Jerry Rice

# Group Facilitation

Instructions: Group training development is an empowering approach for emotional and social healing. Especially for young adults and preteens, group emotional development is affected by how, when, or even if students feel connected to others. Instead of meeting with a counselor for individual or family therapy, an individual is welcomed into a group and is considered an equal to their peers, or the label “me too” applies to their situation. Although Lions Den Leadership Academy is facilitated by experienced instructors, it is really the group that drives the communication. Throughout group sessions, students are encouraged to explore who they are, who they want to become, and safely discuss challenge questions that promote leadership to overcome challenging periods of their lives. This all happens with great enthusiasm, bravery, or sometimes, with unease of telling others their personal stories. In any case, students are stretching their comfort levels with the knowledge that they are supported by their peers and, more importantly, the instructor. Please apply an ice-breaker game or follow Darius’ Run Downs plan to disrupt discomfort to promote team bonding and comfort among the group.

**Apply: Group expectations for each student to follow to assure respect, comfort, and confidentiality amongst group.**

1. **Respect group confidentiality. Instructor has responsibility to handle escalated issues.**
2. **Do not speak while another person is speaking. No outbursts.**
3. **No negative comments.**
4. **No profanity.**
5. **Respect the person next to you as you would want to be respected.**

**Apply: Students should answer the following questions being open and honest.**

1. **What is your first and last name?**
2. **Where were you born?**
3. **How old are you and what is your grade/education level**
4. **What is your favorite hobby?**

## Quote:

“

The greatest  
tragedy in life  
is not death but  
a life without  
purpose.

”

– Myles Munroe

# Icebreaker Rundown

**Instructions:** First, allow each student, one at a time, to answer the questions listed below. Second, after that individual has answered each run-down question, they must state “group accept,” which notifies the group they are done speaking and are waiting on the group to accept their run down in order to move on to the next person. If the group accepts that person’s dialogue, body language, and enthusiasm, they as the listeners must respond “group accept” all together. Yet, as a group or individual, they can reject only to add positive feedback. If there is a rejection, the person who raises their hand and says, “I reject” must look at the person who addressed the group initially and only give them positive feedback based on their response to the questions. After the rejection is stated, the individual who rejected must state to the initial student “do you accept?” After that is complete, and the rejection is accepted, the focus goes back to the primary student, and the initial ending question is posed, which is “group accept.” Once the group accepts, then move on to the next student. Please only encourage positive rejections. For example, a student can reject because their peer stated they were having a bad past 24 hours, and he can reject only at the end of the person’s run down to say, “Hey bro, I just want to encourage you to keep pushing and never give up.” If a negative comment ensues, please stop and remind the group of your expectations. Third, please allow students to elaborate as the questions will be easy to exit with a one-word response. The goal is to open dialogue not only with students but to give the instructor the ability to ask questions that build rapport with students. Lastly, this is a time for individuals to get to know one another. However, eliminate all side talks that are not conducive to the growth of the group which has the possibility to prolong the exercise.

## Students must answer the following questions:

- My last 24 hours has been (Outstanding, Decent, Unsatisfactory) and explain why... Instructors know that students will give one-word responses, but as facilitators, please help students express emotions and feelings as to why their day was such with reasoning or examples. This is your opportunity as instructor to build a rapport with individuals.
- My next 24 hours will be even better because I plan to...
- Within the next year of my life I would like to...