



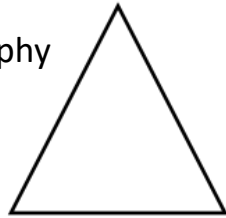
## FOLLOW ALONG WORKSHEET

GERMAIN HARRIS *presentation to*

### Midwestern Ontario Dist. of Optimist International

The Superhero Philosophy

Be Inspired Triangle



- Physiology

- Self Talk

- Mind Images

The 4 'E's

Exciting future

- Is there an exciting Future for your club, it's members and the youth you support?
- Do people within your club regularly focus on what CAN be done?
- Are club members optimistic when faced with challenges?

Engagement

- Have people bought into vision of Optimist International, your club and it's vision?
- Are your club members feeling valued?
- Is your club's culture a culture of engagement or 'telling people what to do'?

Empowerment

- Do club members feel confident to go out there, run new projects and raise more money for the youth?
- Do club members believe that they are important to the organisation?
- Are club members regularly encouraged to improve themselves?



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### Execution

- Does your club execute its plans and get results?
- Does club execution involve discussion or do people just “do as they’re told”?
- Are people developed in such way that contributes to the club’s vision?

### Creating an Exciting Future

- Road to Change ideas:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

### What is important to you as an Optimist?

- Priorities
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

### Why do you want to be an outstanding member of Optimist International?

- What results do you want to see from your contribution?
- What do you want to make happen in line with what is important to you?
- How do you feel when you think about being part of that exciting future, watching the smiles on the faces of youth because of your practical and financial contributions?

### Is the “Future You” Exciting?

- The Ultimate Optimist I will be is...
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_



R.O.O.A.R.

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- RELATIONSHIPS
- OPTIMISM
- OPPORTUNITIES
- ACTION
- RESULTS

### CLUB Execution of the Superhero Philosophy & AI-PAD

- **Must** do an Outstanding Job in the first '3 E's'
- Do your fellow members think you're serious?
- Improve future results by creating **leaders** not followers.
  
- Ask
- Increase Likelihood of Execution
- Praise Outstanding Execution
- Address Lack of Execution
- Debrief

### Key "Take Aways"

1. Have your **Exciting Future** as an Optimist written down!
2. Have at least 3 ways written down that you will keep club members & youth engaged.
3. Why is it important to be **aware** of your physiology/body language?
4. How will you increase the likelihood of execution from yourself and others?

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