

Youth **1st**

R's
OF GROWTH

BEcome Your BEST
Development for a Lifetime

The 5 R's of Growth are values; attributes and characteristics that were once ingrained in the American culture. They were a part of what made us successful. Today, these values are being eroded by a new culture - of entitlement, decline of the family, diversion in public education, and more. However it doesn't have to be this way - with a unified effort, we can build these values back into our homes, schools, work, and communities.

BE RESPONSIBLE

BE Purposeful
BE Coachable
BE Accountable

Choose to do your best.

Make wise choices.
Accept advice & learn.
Do what you say you'll do.

You are responsible for becoming the best possible version of yourself. Seek feedback, accept advice, and learn from positive role models. Ask the questions: "Who Am I?", "Who do I want to be?" Identify your core values, character qualities, career goals, life goals, and performance standards - then develop a plan to grow them.

"Whatever you are, be a good one."
- Abraham Lincoln, 16th President of the United States

BE RELIABLE

BE Disciplined
BE Persistent
BE Dedicated

Demonstrate commitment.

Be organized & efficient.
Make steady efforts.
Finish what you start.

Do your best. In every situation. Work hard and be consistent in your work. Everything you choose to do - choose to be committed to it. Be open to adapting to changes in your situation or environment, and allow your commitment to make you flexible. Reliability isn't just being available when you're expected, but being available when you're not.

"Dedication is your ability to commit, day after day, after day."
- J. Robinson, Head Wrestling Coach, University of MN

BE RESILIENT

BE Assured
BE Healthy
BE Durable

Learn through challenges.

Recognize your value.
Take care of yourself.
Recover & Rebound.

Everyone encounters adversity, setbacks, and even failure. Prepare yourself to face those challenges; look at adversity as an opportunity to become stronger.

*"The greatest glory in living lies not in never falling, but rising every time we fall."
- Nelson Mandela, First Black President of South Africa*

BE RELATIONAL

BE Friendly
BE Honest
BE Caring

Connect with others.

Engage others.
Create trust.
Show compassion.

Becoming your best requires other people. Relational skills including friendship, loyalty, communication, cooperation, empathy, and encouragement are essential to growth. When you learn these skills, everyone benefits - not just you!

*"Coming together is a beginning, keeping together is progress,
working together is success."
- Henry Ford, American Businessman*

BE RESOURCEFUL

BE Competent
BE Team Oriented
BE Yourself

Develop your capabilities.

Improve YOU.
Add value to others.
Fulfill your passion.

What are your talents and interests? If you don't know - identify them! Continually improve your knowledge and skills throughout life. Increasing your unique ability and aptitude leads to becoming your best.

*"If we recognize our abilities, are willing to learn and use what we know in helping others, we will always have a place in the world."
- Ben Carson, Author, Director of Pediatric Neurosurgery at John Hopkins*

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