

LIMITED PREVIEW EDITION

HOLD THE STANDARD

**THE S.A.L.T. PLAYBOOK FOR
SELFLESS LEADERS**



BUILT ON
F.A.M.I.L.Y.[®]
FORGET ABOUT ME | LOVE YOU

PREVIEW EDITION CONFIDENTIAL NOT FOR REPRODUCTION

© 2026 ONE STRONG FAMILY, LLC. ALL RIGHTS RESERVED.

This Preview Edition contains selected portions of the F.A.M.I.L.Y.® Leadership System and is provided exclusively for evaluation purposes. It does not include the complete curriculum.

No part of this publication may be copied, reproduced, distributed, transmitted, stored in a retrieval system, or used for instruction in any form or by any means without the prior written permission of One Strong Family, LLC., except for brief quotations used in reviews as permitted by applicable copyright law.

Published by One Strong Family, LLC

www.onestrongfamily.com

Printed in the United States of America

PROFESSIONAL ENDORSEMENTS

Across sports and education, respected leaders affirm the power of F.A.M.I.L.Y. Their words remind us that true success comes from character, unity, and serving others.



"Championships are won with talent, but dynasties are built on love, trust, and unity. That's what F.A.M.I.L.Y. represents. This Playbook gives coaches and team leaders the tools to live with purpose and builds teams that last."

**BYRON SCOTT, Head Coach and
3X NBA Champion, Los Angeles Lakers;
2008 NBA Coach of the Year**



"F.A.M.I.L.Y. is the starting point for my relationship with God, my wife, my kids, my teammates, my co-workers, strangers I meet on the street... everyone. F.A.M.I.L.Y. is something I go back to continuously as it helps me in the lifelong process of getting over myself."

**MATT BIRK, 2011 Super Bowl Champion and
Walter Payton NFL Man of the Year**



"Sports gave me some of the greatest moments of my life. Now, as I watch my daughter compete and my son prepare to play, I see how powerful the F.A.M.I.L.Y. message is. It's not just about building better athletes, it's about building stronger kids, stronger teams, and stronger schools."

**JEFF SUPPAN, 2006 NLCS MVP and
World Series Champion**

WELCOME TO THE PREVIEW EDITION

Every coach wants better leaders.

That's why we created the **F.A.M.I.L.Y.® Leadership Program.**

Inside this Preview Edition, you'll experience two complete S.A.L.T. leadership modules exactly as your team leaders would. Through discussion, reflection, practical challenges, and team activities, you'll discover how the S.A.L.T. curriculum develops selfless leaders who strengthen their teams, schools, and communities.

The complete curriculum continues with additional leadership modules, mentor experiences, service opportunities, and practical tools that help coaches build a lasting culture of character.

We hope these pages inspire you to imagine who your players could become.

THANKS FOR CHECKING IT OUT!



TABLE OF CONTENTS

06 INTRO

Welcome to the S.A.L.T. Playbook	6
Quick Start Guide	8
One Strong Family	10
Sample Meeting Flow	11
Wristband & Mentor Challenge	12
Leadership Map	14
Curriculum Overview	15

16 RESPECT

Sample Meeting Flow	18
Team Respect Pledge	19
Areas to Apply Respect	20
Respect In Action	34
Respect Challenge	36
Respect Mentor Circle	38
Respect Closing	40

42 HONESTY

Sample Meeting Flow	44
Team Honesty Pledge	45
Areas to Apply Honesty	46
Honesty In Action	60
Honesty Challenge	62
Honesty Mentor Circle	64
Honesty Closing	66

68 EMPATHY

Sample Meeting Flow	70
Team Empathy Pledge	71
Areas to Apply Empathy.....	72
Empathy & Mental Health	86
Empathy Challenge	90
Empathy Mentor Circle	92
Empathy Closing	94

96 FAIRNESS

Sample Meeting Flow	98
Team Fairness Pledge	99
Areas to Apply Fairness	100
Fairness In Action	114
Fairness Challenge	116
Fairness Mentor Circle	118
Fairness Closing	120

TABLE OF CONTENTS

122 CITIZENSHIP

Sample Meeting Flow	124
Team Citizenship Pledge.....	125
Areas to Apply Citizenship	126
Citizenship In Action.....	140
Citizenship Challenge	14
2 Citizenship Mentor Circle	144
Citizenship Closing.....	146

148 TRUSTWORTHINESS

Sample Meeting Flow	150
Team Trustworthiness Pledge	151
Areas to Apply Trustworthiness	152
Trustworthiness In Action	166
Trustworthiness Challenge	168
Trustworthiness Mentor Circle	170
Trustworthiness Closing	172

174 F.A.M.I.L.Y.®

Sample Meeting Flow	176
Team F.A.M.I.L.Y. Pledge	177
Areas to Apply F.A.M.I.L.Y.	178
F.A.M.I.L.Y. in Action	192
F.A.M.I.L.Y. Challenge Day	194
F.A.M.I.L.Y. Mentor Circle	196
F.A.M.I.L.Y. Closing Reflection	198

200 THE BLACK WRISTBAND

What it Represents	202
My Leadership Pledge	203

204 LIVING S.A.L.T. EVERY DAY

Capstone Challenge	206
Leadership Legacy	208
Community Outreach	210

212 RESOURCES & NEXT STEPS

214 THE FINAL CIRCLE

216 ACKNOWLEDGEMENTS

217 LIVE THE LEGACY

WELCOME TO THE S.A.L.T. PLAYBOOK

The S.A.L.T. Playbook is about building athletes who lead with character both on and off the field. **S.A.L.T.** stands for **Student Athlete Leadership Team**. Each section focuses on a value that every athlete can practice to strengthen themselves, their team, and their community.

You are here because someone sees the potential in you as a leader. Leadership is not about being the loudest or the most talented. Real leadership is about character, service, and the way you influence people around you. This Playbook will guide you through a season-long journey. Each meeting you will focus on one character trait that strong leaders live out. You will receive a wristband as a reminder, take on challenges to put it into practice, reflect on your growth, and then give your wristband to a mentor who models that trait. By the end, you will have built a circle of six mentors and will finish with the black wristband. The black wristband is a sign of your commitment to lead through service.

At the center of this program is the mantra **F.A.M.I.L.Y.® - Forget About Me I Love You®**

This is not just a phrase. It's a way of life. When you live **F.A.M.I.L.Y.**, you put the team before yourself, you honor others, and you lead with love. As you work through this Playbook, remember that growth takes effort. Some days will be uncomfortable. Some challenges will push you. Leadership starts with small daily choices that add up over time.

"YOU ARE NOT JUST BUILDING YOURSELF. YOU ARE BUILDING ONE STRONG FAMILY."

LET'S GET STARTED.

FROM OUR FOUNDER

Team Leaders,
You have been trusted with something meaningful. Being a team leader is not about being the loudest voice or the most talented player. It is about setting the example, showing up early, putting the team first, and lifting others when they are tired or discouraged.

This role will test you. It will stretch you in unexpected ways. There will be days when it feels heavy and days when it seems like no one sees the sacrifices you make. Do not let that weigh you down. Team leaders are not driven by applause. They lead because they know real leadership puts others first and shows love through action before words.

Everything you do as a captain flows from the mantra **F.A.M.I.L.Y.® - Forget About Me I Love You®**

Team leaders live this daily. You put others first. You love your team enough to challenge them, encourage them, and serve them. When you lead with **F.A.M.I.L.Y.**, a team becomes more than a roster... it becomes a family.

This book is your guide and your journal. It will walk with you week by week and month by month as you learn to lead in ways that help people grow.

You are not just holding a title. You are shaping a culture and writing a legacy. Long after the final whistle, the way you lead will still matter. Stay humble. Stay hungry. Lead with **S.A.L.T.** Lead with **F.A.M.I.L.Y.**

MIKE MANHARDT
FOUNDER



QUICK START GUIDE

Leadership grows one brick at a time. You're not trying to master everything at once, just one trait at a time.



PREPARE

Before the journey begins, reflect on how you can live this trait at school, at practice, at home, and online. The best captains don't lead by accident. They lead with intention.



PRACTICE

Leadership is built on daily choices: how you treat people, how you respond to pressure, and how you carry yourself when no one is watching.



MENTOR CIRCLE

At the end of the journey, you will give your colored wristband to a mentor who already lives this trait. Add their name to your Mentor Circle on Page 215. Over time, you'll build a circle of six leaders who have shaped you.



PLEDGE AND REFLECT

Sign your commitment. Journal honestly about what you learned, where you grew, and where you still need work.



KEEP THIS BOOK WITH YOU

Hold onto this book and keep it with you daily until you reach the Capstone: The Black Wristband. Write in it. Be honest. Let it be messy. These pages are proof that you showed up, that you worked, and that you chose to lead.

HOW TO USE THIS PLAYBOOK

This Playbook guides you through the **S.A.L.T.** Journey one step at a time. Each session focuses on a single character trait. Instead of trying to master everything at once, you dig deeply into one area of leadership before moving to the next. Over the season, these steps build a foundation that strengthens with every reflection and act of service.

Each session begins with an introduction to the session's trait. Your coach or captain will explain what it means and why it matters in sports, school, family, and life. You will then reflect on how that trait shows up in your own world: at home, in class, with teammates, and online. Honest reflection helps you recognize both your strengths and your growth areas.

Next comes practice. Each trait includes challenges and action steps designed to move you from theory into daily habits. These are small but powerful choices: how you respond to a teammate, how you own mistakes, or how you carry yourself on and off the field. Leadership is built through repetition.

At the close of the unit, you make a pledge. This is a personal promise to live out the trait. Then comes the Mentor Circle, where you give your wristband to someone who already models that character. Over time you build a circle of six mentors who influence who you are becoming.

The loop repeats as you prepare, practice, reflect, and advance through each trait until you reach the capstone, the black wristband. This final step represents the mindset **F.A.M.I.L.Y. – Forget About Me I Love You** and marks your commitment to servant leadership as a lifestyle.

This Playbook is not about checking boxes. It's about shaping who you are becoming. Each meeting is a chance to build character, deepen trust, and leave a legacy of leadership that goes far beyond the season.

ABOUT ONE STRONG FAMILY

Every strong team feels like a family. Families are not perfect. They argue. They mess up. They struggle. But they also protect, encourage, and fight for each other.

That is what makes a team powerful. When every person knows they belong, they are valued, and they are loved.

This is the phrase that anchors our culture
F.A.M.I.L.Y.® – Forget About Me I Love You®

This is not just a slogan you put on a shirt. It's a way of life. It's the heartbeat of servant leadership.

WHAT F.A.M.I.L.Y. MEANS FOR TEAM LEADERS:

- You put your team before yourself, every day
- You love your teammates enough to push them, even when it's uncomfortable
- You serve without expecting recognition
- You protect the culture of your locker room
- You create a team that feels like a real family, one that others want to be part of

WHY IT MATTERS

When a captain leads with F.A.M.I.L.Y. everything changes.
Players stop worrying about who gets the credit.
Trust builds because respect is real.
Games are played with purpose, not just talent.
The team becomes bigger than any one person.

HOW TO LIVE IT

Speak it: Remind your teammates what F.A.M.I.L.Y. means.

Show it: Be the first to serve, the first to sacrifice, the first to encourage.

Repeat it: Carry this mantra into practices, games, classrooms, and homes.

SAMPLE MEETING FLOW (60 MINUTES)



OPENING (5 MINUTES)

Coach or team leader sets the tone. Share a short story or example that introduces the week's trait.



MINI-LESSON (10 MINUTES)

Learn what the trait means and why it matters in sports, school, and life.



DISCUSSION (10 MINUTES)

Talk it out. Use guided questions to connect the trait to real situations.



ACTIVITY (15 MINUTES)

Do it together. Roleplay, challenge, or create a team exercise that puts the trait into action.



PLEDGE + REFLECTION (10 MINUTES)

Commit to growth. Write a team pledge and journal your next step.



WRAP IT UP CLOSING (10 MINUTES)

Share one way you'll show (respect, honesty, empathy, fairness, citizenship or trustworthiness) this week and write it in your playbook.

MENTOR CIRCLE AND WRISTBAND CHALLENGE

Every leader needs people to look up to. As you grow, you will need real examples of what strong character looks like in action. That is the purpose of the Mentor Circle.

After you work on a trait, you will give your colored wristband to someone who already lives out that trait. This person becomes part of your Mentor Circle. By the end of the journey, you will have six people in your circle who reflect six meaningful traits.

Your Mentor Circle is more than a list of names. It is a group of people you can lean on, thank, and learn from. They remind you that leadership is not something you walk through on your own.

At the end of each lesson, you will hand your wristband to your chosen mentor. This is an important moment. You are honoring them and showing gratitude.



HERE IS A SIMPLE SCRIPT YOU CAN USE:

“Coach, I have been working on respect this session. I see this in how you treat people. Thank you for being an example for me. I would like you to have my green wristband.”

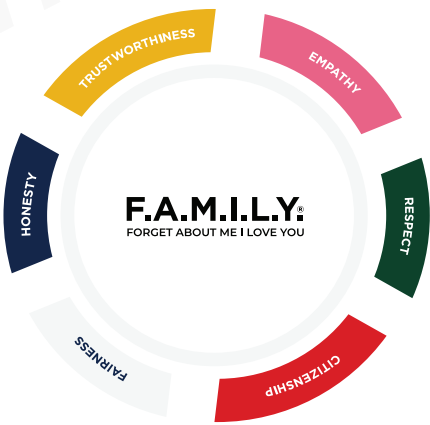
Each time you do this, add their name to the wristband circle on page 215.

Keep this circle with you as you move through life. Let it remind you of each trait and the people who have helped shape your growth.

The kind of leader you become will last longer than the points you score.

**TEAM LEADERS WHO LIVE F.A.M.I.L.Y.
LEAVE A LEGACY.**

WRITE IT. SAY IT. LIVE IT. FORGET ABOUT ME I LOVE YOU®.



THE LEADERSHIP MAP

This is your journey as a leader. Each unit has a color, a wristband, and a character trait.



UNIT 1 (GREEN): RESPECT



UNIT 2 (NAVY): HONESTY



UNIT 3 (PINK): EMPATHY



UNIT 4 (WHITE): FAIRNESS



UNIT 5 (RED): CITIZENSHIP



UNIT 6 (YELLOW): TRUSTWORTHINESS



UNIT 7 (BLACK): F.A.M.I.L.Y.®



UNIT 8: THE CAPSTONE

You will grow one trait at a time. You will give away six bands. You will serve with your team. And you will finish with the black wristband as a symbol that you have taken the **S.A.L.T.** Challenge.

CURRICULUM OVERVIEW

The S.A.L.T. Playbook is built on the six pillars of good character. Each unit is designed to help you think about these traits, talk about them with others, and live them out in real ways.

This is more than a class. It's about how you show up on your team, in your school, and in your community.

Every unit includes:

- Personal reflection for you as an athlete and leader
- Shared experiences to build connections with your group
- Team challenges and projects to take what you learn back to your team

You will meet regularly. Coaches will choose the cadence that fits your season. There are seven units and a capstone to review together as a team in separate meetings.

Each trait is recognized by a wristband that you will wear for the duration of the challenge.

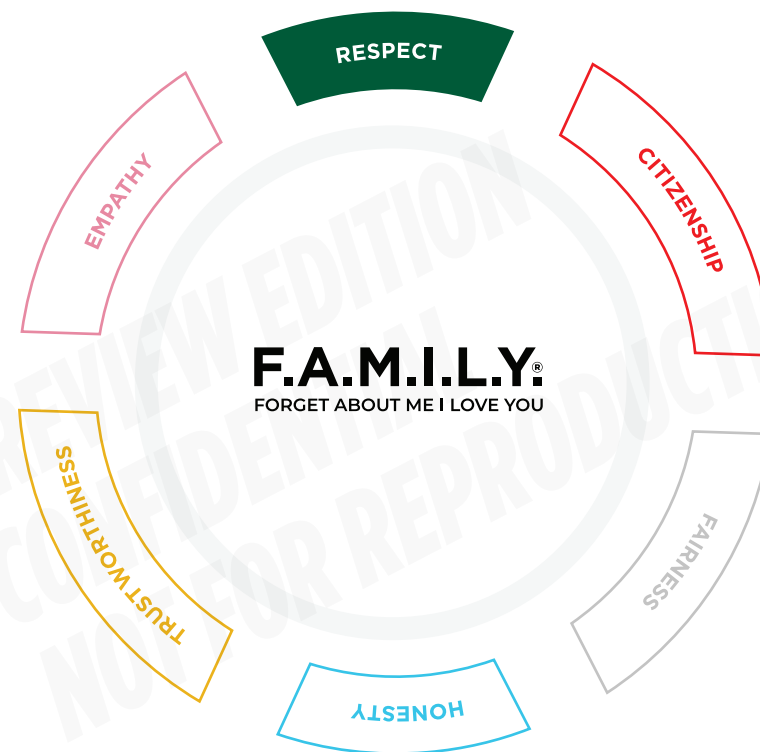
Respect – Green Wristband
 Honesty - Navy Wristband
 Empathy – Pink Wristband
 Citizenship – Red Wristband
 Fairness – White Wristband
 Trustworthiness – Yellow Wristband

The journey ends with the Black Wristband, a symbol of servant leadership.

Each week, you'll learn, reflect, and practice. By the end, you'll be ready to lead with character in every part of your life.

RESPECT

Respect is the recognition and appreciation of the worth, dignity, and boundaries of others. It's shown through actions, words, and attitudes. Respect means treating people fairly, listening to their perspectives, and honoring their rights and feelings, even when they differ from your own. It also includes respecting yourself, setting healthy boundaries, and valuing your worth.



SAMPLE MEETING FLOW (60 MINUTES)

PREPARE (1 MINUTE)

Review the respect unit and be ready to share one example of respect or disrespect from your team this week.

INTRODUCTION (5 MINUTES)

Define respect and why it matters. Leaders share how respect builds trust between teammates, coaches, and opponents.

MINI LESSON (5 MINUTES)

Read the respect overview. Discuss why it's important in sports, school, and life. Share a quick story of when respect changed an outcome.

GROUP DISCUSSION (15 MINUTES)

Roleplay or discuss real-life situations showing respect versus disrespect. Talk about how communication shapes team culture.

TEAM ACTIVITY (15 MINUTES)

Work together on a short activity "Respect in Action" that practices respect in real situations.

TEAM PLEDGE (10-15 MINUTES)

Read and sign the Team Respect Pledge together. Team leaders remind teammates that respect is earned through consistency.

WRAP UP & REFLECTION (5 MINUTES)

Bring it home. Share final thoughts, write your personal reflection, and note how you'll carry the trait into the week.

TEAM RESPECT PLEDGE

As team leaders and teammates we commit to live with respect in every space we enter. We will value people, rules, and traditions. We will respect our teammates, our coaches, our opponents, our officials, our school, our families, and ourselves.

TEAM COMMITMENTS

- We will speak to each other and about each other with encouragement, not disrespect
- We will honor our coaches, teachers, officials, and teammates by listening and giving our best effort
- We will represent our team with respect in the classroom, in the community, online, and at home



AREAS TO APPLY

RESPECT

Respect is not just a nice idea, it's a practice that shapes how others experience you. It shows up in the way you speak, the way you listen, and the way you respond to both success and failure. Respect grows when you choose patience over anger and encouragement over criticism. Every time you show respect, you strengthen relationships and set the tone for your team, school, and family.



ON THE TEAM



AT SCHOOL



AT HOME



WITH MYSELF



IN THE COMMUNITY



ONLINE

WHAT RESPECT LOOKS LIKE

Respect looks like small choices in real moments. It sounds like listening without interrupting, owning your mistakes, and speaking with honesty and care. On your team it means competing hard without trash talk, accepting correction from coaches, and backing up your teammates. With opponents, referees, and umpires it means playing fair and honoring the call even when you disagree. At home and with family it means showing patience, keeping your word, and treating each person with dignity. When you live this way, people know they can trust you on and off the field.

OPPONENTS

REFEREES
& UMPIRES

COACHES

TEAMMATES

FAMILY

1. How do you show respect when winning?
2. How do you show respect when losing?
3. How do you show respect on social media?

NOTES:

HOW TO APPLY RESPECT

ON THE TEAM

Respect on the team means giving your best effort, playing fair, and honoring the game. You respect referees and umpires even when you disagree with a call. You respect opponents by competing with intensity. You respect teammates by encouraging and holding each other accountable.

REFLECTION

1. How do I show respect to referees and umpires during tough games?
2. What does respecting my opponent look like?
3. How can I show respect to my teammates when they mess up?

NOTES:



HOW TO APPLY RESPECT

AT SCHOOL

Respect at school is seen in the hallways, the classroom, and in the way you treat teachers and classmates. Leaders do not look down on others. They show respect by listening, staying positive, and building others up.

REFLECTION

1. How do I show respect to teachers even when I am frustrated?
2. What does respect look like in the cafeteria or hallways?
3. How can I model respect for classmates?

NOTES:



HOW TO APPLY RESPECT

AT HOME

Respect begins with how you treat the people closest to you. That means honoring parents, siblings, or guardians, and showing gratitude daily. Respect at home is the foundation for respect everywhere else.

REFLECTION

1. How do I show respect to my family at home?
2. What words or actions show disrespect at home?
3. How can I set the tone of respect in my house?

NOTES:



HOW TO APPLY RESPECT

WITH YOURSELF

Respect begins inside. When you value your body, mind, and time, you are stronger for your team, your school, and your family. Self-respect looks like healthy choices, honest self-talk, and clear boundaries that keep you focused on what matters.

REFLECTION

1. Which daily habit shows that I respect my body and mind?
2. What boundary do I need to set to protect my time and focus?
3. How does self-respect help me show respect to others?

NOTES:



HOW TO APPLY RESPECT

IN THE COMMUNITY

When you wear your team colors, you represent more than yourself. Respect in the community means giving back, being polite, and living with integrity. People notice how athletes carry themselves outside the game.

REFLECTION

1. How do I show respect to adults in my community?
2. How do I show respect to younger kids who look up to me?
3. How can I make my community stronger through respect?

NOTES:



HOW TO APPLY RESPECT

ONLINE

Your words online are just as powerful as your words in person. Respect online means showing self-control, staying above gossip, and using your influence for good. A leader builds others up by how they speak and respond, both in person and behind a screen.

REFLECTION

1. How can I use social media to show respect?
2. What should I avoid posting if I want to lead well?
3. How can I encourage others online?

NOTES:



RESPECT IN ACTION



Respect is not just about what you believe, it's about what you do. Each week, practice showing respect in a new way. Use the space below to reflect on how you did.

WEEK 1 Show respect for your coach by listening without interrupting.

HOW I DID:

WEEK 2 Show respect by encouraging someone who makes a mistake.

HOW I DID:

WEEK 3 Show respect for an opponent by competing hard but fair.

HOW I DID:

WEEK 4 Show respect for yourself by making a healthy choice this week.

HOW I DID:

CHALLENGE DAY

RESPECT

Respect is not only about what you believe, it's about how you treat others in the small, everyday moments. This activity gives you a chance to think about real situations where respect is tested and practice better responses together.

ACTIVITY – “RESPECT IN ACTION”

1. Break into small groups or pairs.
2. Each person shares a time when they witnessed or experienced disrespect in sports, school, family, or community.
3. As a group, brainstorm three respectful responses or alternatives that could have changed the situation.
4. Write these down in your playbook.
5. End by choosing one response you will commit to practicing this week.

NOTES:





At the end of this unit, you will pass on your green respect wristband to a mentor who lives out respect. This person should be someone you admire because of the way they consistently value others with their words, actions, and attitude.

WHY THIS MATTERS

- You honor someone who is modeling the right way
- You build your Mentor Circle for guidance and accountability
- You practice gratitude and humility

HOW TO DO IT

- Choose your mentor from your target list
- Set a time to meet in person if possible
- Use a simple script, be sincere, be specific

SCRIPT YOU CAN USE

"I have been working on respect this session. I see this in the way you live and lead. Thank you for being an example to me. I would like you to have my green wristband."

WHO TO CONSIDER

- A teacher who treats every student fairly
- A teammate who lifts others up
- A coach who models self-control and dignity
- A family member who listens and honors others
- A leader in your community who shows respect daily

RECORD YOUR MOMENT

MENTOR NAME: _____

WHY DID YOU CHOOSE THIS MENTOR?

WHAT IS ONE LESSON YOU LEARNED FROM THEIR EXAMPLE?

HOW WILL YOU APPLY THIS IN THE NEXT UNIT?

FILL-IN YOUR CIRCLE:

On Page 215, write your mentor's name inside your Mentor Circle. Over time, this circle will grow as you add leaders who shaped you in each unit. It's a visual reminder that you are not walking this journey alone. You are surrounded by people who live out these traits and inspire you to do the same.

RESPECT CLOSING REFLECTION

Take a moment to look back on this session. Respect is more than a word. It's how you carry yourself on the field, at school, at home, and in your community.

ANSWER HONESTLY. THESE NOTES ARE FOR YOU.

1. What was the most important thing I learned about respect this session?
2. Where did I show the most growth in respecting others?
3. Where do I still need to grow in showing respect?
4. How will I carry respect into the next session?

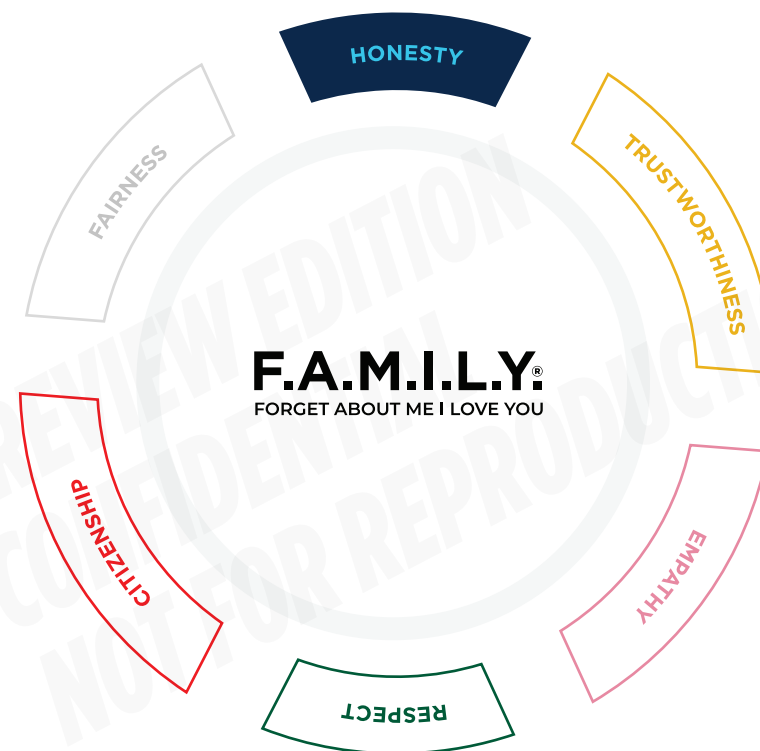
NOTES:



**“Respect is earned by how you live,
not by what you demand.”**

HONESTY

Honesty is telling the truth in your words, actions, and decisions. It means living with integrity, owning your mistakes, and being real with yourself and others. Honesty builds trust and respect because people know they can count on you to be genuine. Leaders who practice honesty create teams where truth matters more than appearances.



HONESTY MEETING FLOW (60 MINUTES)

PREPARE (1 MINUTE)

Check to ensure all questions have been answered from the unit so you can come fully prepared for the meeting.

INTRODUCTION (5 MINUTES)

Coach shares an example of honesty in action.

MINI LESSON (5 MINUTES)

Teaching on how honesty builds trust and credibility.

GROUP DISCUSSION (15 MINUTES)

Share stories about honesty and dishonesty in sports and life.

TEAM ACTIVITY (15 MINUTES)

"The Line of Truth" honesty exercise.

TEAM PLEDGE (10-15 MINUTES)

Everyone signs the commitments.
Team leaders go first.

WRAP UP & REFLECTION (5 MINUTES)

Coach closes, team leaders note how they'll live with integrity this week.

TEAM HONESTY PLEDGE

As team leaders and teammates, we commit to live with honesty. We will speak truthfully, act with integrity, and be real with each other in every setting.

TEAM COMMITMENTS

- We will admit mistakes and learn from them
- We will give our best effort even when no one is watching
- We will tell the truth, even when it's hard



AREAS TO APPLY

HONESTY

Honesty is tested every day in the choices you make. Whether it's admitting when you were wrong, giving your best effort even when no one is watching, or being truthful online, Honesty gives you a strong foundation for leadership and relationships.



ON THE TEAM



AT SCHOOL



WITH FRIENDS



WITH MYSELF



ONLINE



AT HOME



WHAT DOES HONESTY LOOK LIKE:

Honesty means living with consistency between your words and your actions. It's saying what is true and doing what is right, even when it costs you. People will trust you more when your life shows integrity day after day.

SERVE

LEAD

HELP

RESPECT

PROTECT

1. How do I want others to describe my honesty?
2. Why is honesty harder when I am afraid of the consequences?
3. How does honesty build my credibility as a leader?

NOTES:

HOW TO APPLY HONESTY

ON THE TEAM

Sports give constant opportunities to choose honesty, from playing within the rules to owning up to a missed assignment. Integrity on the field shows your teammates and coaches they can trust you.

REFLECTION

1. How do I respond when I make a mistake in competition?
2. What does honesty look like when no one else notices a rule has been broken?
3. How can I hold myself accountable for giving full effort?

NOTES:



HOW TO APPLY HONESTY

AT SCHOOL

Honesty in academics means doing your own work, avoiding shortcuts, and giving credit where it's due. It proves you value growth over easy answers.

REFLECTION

1. Why is cheating harmful to me and others?
2. How does honesty in school prepare me for life after graduation?
3. What is one way I can be more honest in my schoolwork this week?

NOTES:



HOW TO APPLY HONESTY

WITH FRIENDS

Friendships grow stronger with honesty. It takes courage to be truthful even when it might hurt in the short term, but it builds deeper trust long term.

REFLECTION

1. How can I be honest with a friend while still being kind?
2. When is it hardest for me to be truthful with friends?
3. What does a real, honest friendship look like?

NOTES:



HOW TO APPLY HONESTY

WITH MYSELF

Honesty starts within. Being truthful with yourself means admitting weaknesses, owning failures, and committing to growth.

REFLECTION

1. What is one area where I need to be more honest with myself?
2. How does self-honesty make me stronger as a leader?
3. When have I grown the most from facing the truth about myself?

NOTES:



PREVIEW EDITION
CONFIDENTIAL
NOT FOR REPRODUCTION

HOW TO APPLY HONESTY

ONLINE

The internet and social media make it easy to hide behind filters or post things that are not real. Honesty online means being consistent with who you are in person and choosing truth over popularity.

REFLECTION

1. What does Honesty look like on social media?
2. How can I make sure my online life matches my real life?
3. What damage can dishonesty cause online?

NOTES:



HOW TO APPLY HONESTY

AT HOME

Honesty at home builds trust that lasts. Tell the truth, own your part, and follow through on small things. Your family sees the real you, and your integrity here shapes your future.

REFLECTION

1. When is it hardest for me to be honest at home and why?
2. What is one truth I need to own this week?
3. How can I rebuild trust with a family member through consistent actions?

NOTES:





Honesty becomes stronger when you choose it daily, especially when it's uncomfortable. These challenges will give you practice in being truthful, consistent, and real. Remember, honesty is not only about avoiding lies. It's about actively choosing integrity in every setting.

WEEK 1 Admit a mistake on the team or in practice and take ownership.

HOW I DID:

WEEK 2 Refuse to cheat or take shortcuts on an assignment, even if it means more work.

HOW I DID:

WEEK 3 Be honest with a friend about something that matters to you.

HOW I DID:

WEEK 4 Reflect each night on one way you lived with integrity that day.

HOW I DID:

CHALLENGE DAY

HONESTY

Honesty takes courage, and it's easier to grow when you practice it in a safe environment. This activity helps athletes see how honesty connects us and builds trust.

ACTIVITY – “THE LINE OF TRUTH”

1. Break into small groups or pairs.
2. Read a scenario aloud. Examples:
 - A teammate hides a mistake during practice
 - Someone exaggerates their effort or performance
 - You avoid admitting something because you're afraid of the consequences
3. As a group, decide whether the response was honest or dishonest.
4. Discuss why the situation may have been difficult and what an honest response would have looked like.
5. End by choosing one honest action you will commit to practicing this week.

NOTES:





At the end of this unit, you will pass on your navy honesty wristband to a mentor who lives out truth and integrity. This person should be someone you admire because they speak truth with love, take responsibility for their actions, and are the same person in public and in private.

WHY THIS MATTERS

- You honor someone who chooses truth over comfort
- You build your Mentor Circle with people of integrity
- You practice humility by learning from honest leadership

HOW TO DO IT

- Choose your mentor from your target list
- Set a time to meet in person if possible
- Use a simple script, be sincere, be specific

SCRIPT YOU CAN USE

"I've been working on honesty this session. I see it in how you speak truth even when it's not easy and in how you take responsibility for your actions. Thank you for leading with integrity. I would like you to have my blue wristband."

WHO TO CONSIDER

- A teacher who speaks truth with grace
- A teammate who admits mistakes and grows from them
- A coach who holds players accountable with love
- A family member who practices honesty in every situation
- A friend who lives with consistency and character

RECORD YOUR MOMENT

MENTOR NAME: _____

WHY DID YOU CHOOSE THIS MENTOR?

WHAT IS ONE LESSON YOU LEARNED FROM THEIR EXAMPLE?

HOW WILL YOU APPLY THIS IN THE NEXT UNIT?

FILL-IN YOUR CIRCLE:

On Page 215, write your mentor's name inside your Mentor Circle. Over time, this circle will grow as you add leaders who shaped you in each unit. It's a visual reminder that you are not walking this journey alone. You are surrounded by people who live with honesty and inspire you to do the same.

HONESTY CLOSING REFLECTION

Take a moment to reflect on how honesty shaped your choices this session. Honesty is not always the easiest path, but it always leads to growth, trust, and stronger relationships.

ANSWER HONESTLY. THESE NOTES ARE FOR YOU.

1. What is one moment during this session when I chose honesty over comfort?
2. How has honesty built trust with others?
3. Where do I still need to grow in living with integrity?
4. How will I practice honesty beyond this workbook?

NOTES:



“Honesty is not proven by what you say. It is proven by doing what is right, even when it costs you.”

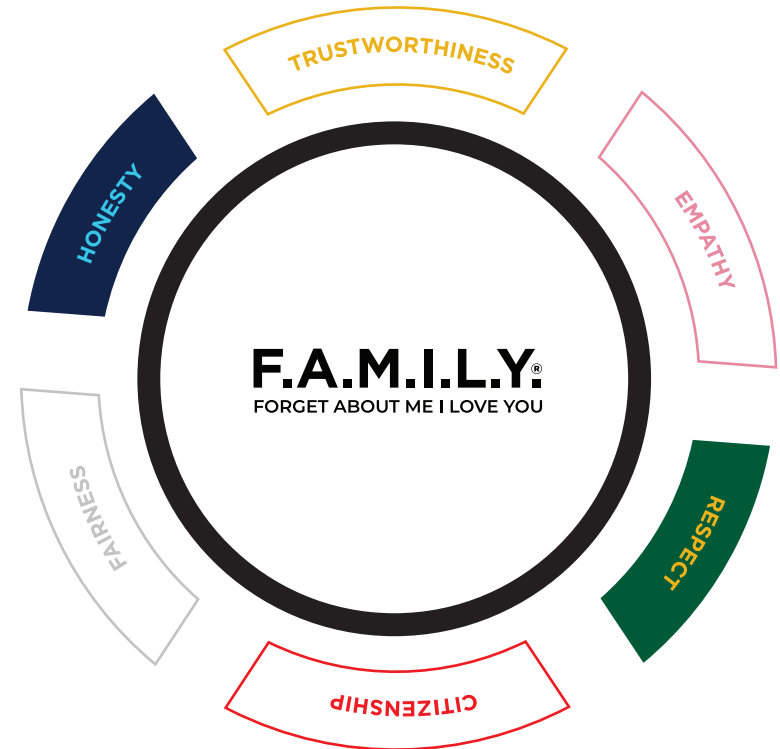
THE BEGINNING

You have just completed Units 1 and 2 exactly as every team leader experiences them. The lessons, the challenges, the wristbands, the pledges - nothing was softened for this preview.



YOU'VE EXPERIENCED THE BEGINNING.

Two wristbands earned. Five traits still ahead. Now imagine what happens when a leader completes the entire journey.



Each unit is represented by a color, a wristband, and a character trait. You have completed the first two. Together, all eight units create a complete leadership journey led by coaches, embraced by team leaders, and lived out by the entire team.



UNIT 1 (GREEN): RESPECT

Leadership begins here. Discover how respect is earned, how it can be lost, and why every great leader gives it before expecting it.



UNIT 2 (NAVY): HONESTY

Trust is built one choice at a time. Learn how honesty becomes the foundation of authentic leadership, accountability, and lasting influence.



UNIT 3 (PINK): EMPATHY

Great leaders do more than listen. They understand. Discover how seeing beyond the surface transforms teammates into stronger leaders and stronger people.



UNIT 4 (WHITE): FAIRNESS

Leadership often means making difficult decisions. Learn how fairness creates credibility, earns trust, and strengthens every relationship.



UNIT 5 (RED): CITIZENSHIP

The best leaders leave an impact beyond the game. Explore how serving others builds stronger teams, schools, and communities.



UNIT 6 (YELLOW): TRUSTWORTHINESS

When pressure is high, character is revealed. Learn how becoming dependable every day creates leaders others naturally choose to follow.



UNIT 7 (BLACK): F.A.M.I.L.Y.®

Every lesson comes together through one life changing principle: Forget About Me I Love You. Discover how servant leadership becomes more than a lesson. It becomes a way of life.



UNIT 8: THE CAPSTONE

The journey ends with more than a celebration. It marks the beginning of a lifelong commitment to invest in others and lead with purpose wherever life takes you.

You have experienced the first two units. The remaining six continue the journey, equipping leaders to strengthen their teams, serve their communities, and build a legacy that lasts far beyond the game.

A COMPLETE LEADERSHIP DEVELOPMENT SYSTEM

MORE THAN A
WORKBOOK

The Captain's Playbook is only one part of the journey. Behind it is the complete F.A.M.I.L.Y. Leadership System, equipping coaches, empowering mentors, providing practical resources, and supporting leadership growth every step of the way.

A PLAYBOOK INFORMS.
A SYSTEM TRANSFORMS.

THE SYSTEM

CAPTAIN'S PLAYBOOK

The complete participant workbook that transforms leadership into daily action.

COACH'S GUIDE

Everything coaches need to confidently lead every unit and conversation.

FACILITATOR RESOURCES

Ready to use tools that simplify preparation and strengthen every meeting.

LEADERSHIP TRAINING

Practical training that prepares coaches before the journey begins.

MENTOR CIRCLE

A meaningful tradition that honors mentors and inspires future leaders.

COMMUNITY OUTREACH

Service opportunities that put leadership into action beyond the team.

IMPLEMENTATION SUPPORT

Ongoing partnership that supports every team from kickoff to Capstone.

WHAT REMAINS WHEN THE SEASON ENDS

CHARACTER
INTEGRITY
COMMUNICATION
TRUST
ACCOUNTABILITY
CONFIDENCE
SERVANT LEADERSHIP
HEALTHY CULTURE
LEADERSHIP BEYOND
ATHLETICS

LEADERSHIP



LEADERSHIP THAT LASTS

This program does not end with the final page. It ends with a different kind of leader, one who tells the truth, serves others, takes responsibility, and raises the standard in every room they enter.

Long after the trophies have been put away, that is the legacy that remains.

"WE OVER ME"

THIS PLAYBOOK IS

BUILT FOR LEADERSHIP

Leadership begins on the field, but its impact reaches far beyond the game. The F.A.M.I.L.Y. Leadership System equips participants to lead with character wherever life takes them.



ON THE TEAM



AT SCHOOL



AT HOME



IN THE COMMUNITY



WITH OTHERS



FOR LIFE



YOUR MOVE, COACH

READY TO BUILD STRONG LEADERS?

You have seen exactly how the first two units work. Your team leaders, your students, your people deserve the other six. Schedule a demo and walk through the complete system with our team.

ONCE A F.A.M.I.L.Y.®
ALWAYS A F.A.M.I.L.Y.®



SCAN TO
SCHEDULE
YOUR DEMO

SCHEDULE A DEMO TODAY

onestrongfamily.com
info@onestrongfamily.com

