

HENRY ARMSTRONG FOUNDATION

GOLD CHAMPIONSHIP YOUTH LEADERSHIP WORKBOOK

**THINK ON HOW YOU CAN. NOT HOW YOU CAN'T.
THE ODDS ARE BETTER THINKING HOW YOU CAN THEN HOW
YOU CAN'T.**

**SELF-RESPONSIBILITY • SELF-SUFFICIENCY • SELF-DISCIPLINE •
DIRECTION**

CHAMPIONSHIP LESSON 1

Write your goal for today: _____

What discipline will you practice?

What action will make you stronger today?

CHAMPIONSHIP LESSON 2

Write your goal for today: _____

What discipline will you practice?

What action will make you stronger today?

CHAMPIONSHIP LESSON 3

Write your goal for today: _____

What discipline will you practice?

What action will make you stronger today?

CHAMPIONSHIP LESSON 4

Write your goal for today: _____

What discipline will you practice?

What action will make you stronger today?

CHAMPIONSHIP LESSON 5

Write your goal for today: _____

What discipline will you practice?

What action will make you stronger today?

CHAMPIONSHIP LESSON 6

Write your goal for today: _____

What discipline will you practice?

What action will make you stronger today?

CHAMPIONSHIP LESSON 7

Write your goal for today: _____

What discipline will you practice?

What action will make you stronger today?

CHAMPIONSHIP LESSON 8

Write your goal for today: _____

What discipline will you practice?

What action will make you stronger today?

CHAMPIONSHIP LESSON 9

Write your goal for today: _____

What discipline will you practice?

What action will make you stronger today?

CHAMPIONSHIP LESSON 10

Write your goal for today: _____

What discipline will you practice?

What action will make you stronger today?

CHAMPIONSHIP LESSON 11

Write your goal for today: _____

What discipline will you practice?

What action will make you stronger today?

CHAMPIONSHIP LESSON 12

Write your goal for today: _____

What discipline will you practice?

What action will make you stronger today?

CHAMPIONSHIP LESSON 13

Write your goal for today: _____

What discipline will you practice?

What action will make you stronger today?

CHAMPIONSHIP LESSON 14

Write your goal for today: _____

What discipline will you practice?

What action will make you stronger today?

CHAMPIONSHIP LESSON 15

Write your goal for today: _____

What discipline will you practice?

What action will make you stronger today?

INSTRUCTOR GUIDE

This workbook teaches leadership, discipline, and self-responsibility using Henry Armstrong's championship principles. Encourage students to think in solutions, not limitations.

CHAMPIONSHIP CERTIFICATION

Student Name:

Instructor Name:

Date Completed:

Signature:

This certifies that the above student has successfully completed the Henry Armstrong Foundation Championship Leadership Program.

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