"We are what we repeatedly do. Excellence, then, is not an act, but a habit."
-Aristotle

Being a Leader In and Out of Class
We need to make it a habit of being a leader in all aspects of our lives
This Includes:
- Social Media
- Everyday Life
- School
- Family

It takes an average of 21 days to make or break a habit.
What are you doing to get your habits the way you want them to be?

We Are What We Repeatedly Experience
Our 5 closest friends are the best representation of us. Who are you surrounding yourself with? What do they say about you as a person?

In a way our habits become us. We are what we repeatedly do. So what are you doing? And what are you going to do to change it?

Josh Dewhurst
Northern Director
josh.dewhurst@caslboard.com

California Association of Student Leaders
caslboard.com
Social Media: @caslfan