

# “Route to Success”

## Power of One

# POWER OF

Power of One units help students find and use their own personal power. Members set their own goals, work to achieve them, and enjoy the results. With all five of the Power of One units you'll definitely be on the route to success. Listed below are a few ideas to help you get started with achieving your Power of One units.

### A Better You

#### Improve yourself:

- Find a new goal for yourself to accomplish
- Find a new hobby
- Break a personal record
- Get more involved in activities that interest you
- Step outside your comfort zone and experience something new
- Become a leader, take action
- Support Physical Fitness

### Working on Working

#### Put your business skills to work:

- Get a part time job
- Volunteer your spare time to a local business or organization
- List long term goals for the future
- Enlighten your peers on important information
- Research your career interest

### Speak Out for FCCLA

#### Inform people about FCCLA:

- Promote FCCLA to potential members at your school.
- Inform the community about FCCLA projects
- Submit articles to local newspapers
- Create a flyer with interesting facts about FCCLA

### Family Ties

#### Improve family relationships:

- Eat dinner together on designated nights
- Suggest a game/ movie night
- Turn off electronic devices and enjoy family company
- Spend more time with siblings

### Take the Lead

#### Improve leadership qualities:

- Develop better communication skills
- Suggest positive ideas to peers
- Start a blog discussing current issues

For more information visit the National Website: <http://www.fcclainc.org/content/power-of-one/>

order a Power of One book on the National Website: [www.fccla-store.org](http://www.fccla-store.org)

## **Power of One Stage Recognition Application**

Name : \_\_\_\_\_ Chapter: \_\_\_\_\_

Email: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Advisors Name: \_\_\_\_\_ Advisors Email: \_\_\_\_\_

Power of One Unit: \_\_\_\_\_ Project Title: \_\_\_\_\_

**Please briefly describe each of the following steps in completing your project.**

What was your goal for this project?

How did you carry this project out?

What were the outcomes of your project?

**\*Please email a picture of your project and/or a picture of the Power of One achiever to your region VP of Achievement.\***

# FUEL UP WITH POWER OF ONE!

Region: II  
 FCCLA Members Completing Power of One Units  
**Deadline: January 6, 2012**

Mail to: Kristina Garza, Region II VP of Achievement  
 Sanger High School  
 C/O Amy Giddens  
 100 Indian Lane  
 Sanger, TX 76266  
 Phone Number: 940-458-7497  
 Fax: 940-458-4637  
 E-mail: kristina.garza@texasfccla.org

Chapter: \_\_\_\_\_ School: \_\_\_\_\_ Advisor: \_\_\_\_\_

School Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ email: \_\_\_\_\_

**List the names of participants completing units of Power of One. Indicate the units completed by checking the appropriate block. Please print clearly. For recognition purposes, please indicate the total number of units completed by each member**

**Advisors please email a digital group picture of the completers of all five units.**

Name of Member	A Better You	Family Ties	Working On Working	Take The Lead	Speak Out For FCCLA	Total

**NOTE: ALL OF THE STUDENTS WHO HAVE COMPLETED ALL FIVE UNITS WILL HAVE RESERVED SEATING AT THE FIRST GENERAL SESSION ON FRIDAY.**  
 Members who would like the chance to have their best Power of One experience highlighted on stage please complete the Power of One stage recognition application form which can be found on the state website.\*