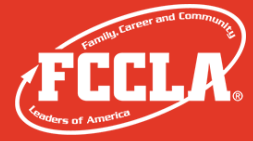


# POWER OF ONE BRAINSTORM



IDEAS BROUGHT TO YOU BY YOUR 2020-2021 MN FCCLA STATE OFFICERS

## 1 A BETTER YOU

- Work on managing stress levels
- Work on self-confidence
- Work on following a schedule
- Use social media in positive ways
- Learn to make healthy snacks
- Create a workout routine
- Improve mental health

## 4 TAKE THE LEAD

- Lead younger members
- Promote chapter teamwork
- Inspire and motivate others
- Lead a committee
- Get a leadership position
- Research service leadership
- Improve decision making skills
- Advocate for change

## 2 FAMILY TIES

- Improve money management
- Improve communication skills
- Learn to manage family conflicts
- Work on compromising
- Plan family meal times
- Strengthen relationships with family members.

## 4 SPEAK OUT FOR FCCLA

- Help plan FCCLA week
- Create chapter social media
- Reach out to local media outlets about FCCLA
- Explain FCS and FCCLA to future members
- Create FCCLA posters and flyers
- Explain FCCLA to adults

## 3 WORKING ON WORKING

- Improve time management
- Improve energy management
- Do a job shadow
- Research a career
- Research occupational health
- Learn about meeting management

**Feel free to use any of these ideas as a starting point as you begin your five Power of One Modules! Thank you so much for participating!**

