

Young Hearts That Care™ Leadership & Service Journal

Developing Compassionate Leaders Through Service, Character, and Action

Heartlight Academy™

By

Dauretta Leveller Baity

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Copyright Page

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Welcome

Welcome to the *Young Hearts That Care™ Leadership & Service Journal*.

Leadership begins with caring for others. Through this journal, you will explore your strengths, develop leadership skills, practice compassion, and discover ways to make a positive impact in your school, family, and community.

Every act of service matters.

Every voice matters.

Every leader begins with a caring heart.

About Me

Name

Age

Grade

My Strengths

What are some things you do well?

What Makes Me Unique?

My Leadership Vision

What Kind of Leader Do I Want to Be?

People I Admire

Leadership Qualities I Want to Develop

- Responsibility
- Compassion
- Respect
- Integrity
- Courage
- Communication
- Teamwork
- Service

Service Project Planner

Project Name

What Need Am I Addressing?

Who Will Benefit?

My Action Plan

1.

2.

3.

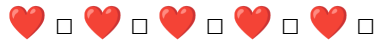
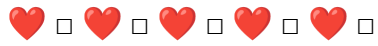
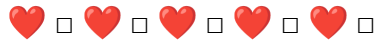
4.

5.

Target Completion Date

My Kindness Tracker

Every time you do something kind, color a heart or place a check mark inside it.



My Favorite Act of Kindness

Helping Hands Activities

Draw or Write Ways You Can Help

At Home

At School

In My Community

I Can Make a Difference!



Caring Challenge


Can you complete these kindness challenges?


- Say something nice to someone.
- Help clean up.
- Share with a friend.
- Thank a teacher.
- Help a family member.
- Include someone in a game.
- Write a kind note.
- Smile and say hello.


Which challenge was your favorite?


Gratitude Garden


I Am Thankful For:

 _____

 _____

 _____

 _____

 _____

Draw a Garden of Things You Love

Caring for Others

Draw a Picture of Someone You Care About

(Leave a large blank drawing box)

Why Are They Special?

My Compassion Superpower

Everyone has special ways to help others.

My compassion superpower is:

- Listening
- Sharing
- Helping
- Encouraging
- Being Friendly
- Being Respectful
- Being Kind
- Being Patient

I use my superpower by:

Service Project Planner

Project Name

What Need Am I Addressing?

Who Will Benefit?

My Action Plan

1.

2.

3.

4.

5.

Target Completion Date

Community Impact Tracker

Activity or Service Project

Date

Hours Served

What Did I Do?

Who Was Helped?

What Did I Learn?

Leadership Reflection

What leadership skills did I use?

- Communication
- Teamwork
- Responsibility
- Problem Solving
- Compassion
- Organization
- Encouragement
- Initiative

What went well?

What would I do differently next time?

Goal Setting Worksheet

Goal 1

Why It Matters

Goal 2

Why It Matters

Goal 3

Why It Matters

Compassion Challenge

Complete as many challenges as you can.

- Help a younger child.
- Thank someone who has helped you.
- Volunteer your time.
- Write an encouraging note.
- Help solve a problem peacefully.
- Invite someone to join an activity.
- Show kindness to someone who feels left out.
- Perform a random act of kindness.

Which challenge had the greatest impact?

Personal Growth Reflection

How have I grown as a leader?

What strengths have I discovered?

What do I want to continue improving?

Certificate of Completion

Young Hearts That Care™ Certificate

This certificate is proudly presented to:

For demonstrating kindness, compassion, caring, and respect through participation in the

Little Hearts That Care™ Kindness Activity Journal

Date: _____

Signature: _____

Heartlight Academy™

Glow Spirit Press LLC™

About the Author

Dauretta Leveller Baity

Dauretta Leveller Baity is an author, publisher, educator, advocate, and visionary leader dedicated to promoting compassion, character development, emotional well-being, and community engagement. Through her writing, educational initiatives, and organizational leadership, she works to inspire individuals of all ages to cultivate empathy, kindness, resilience, and meaningful connections.

As the founder of Glow Spirit Press LLC™, Dauretta is committed to creating transformative publications, educational resources, and training programs that empower readers to grow personally, professionally, and spiritually. Her work reflects a deep belief that compassion is not merely an emotion but a practice capable of strengthening individuals, families, organizations, and communities.

Dauretta is also the founder of Glow Spirit Foundation Inc., whose mission supports education, community development, advocacy, and service initiatives designed to create positive and lasting impact. Through both organizations, she continues to develop innovative programs, resources, and opportunities that encourage lifelong learning, leadership, and compassionate action.

Compassion in Care™ reflects her commitment to helping others embrace compassion as a daily practice and a transformative force for positive change.

For more information, visit:

www.glowspiritpress.com

About Glow Spirit Press LLC™

Glow Spirit Press LLC™ is an independent publishing and educational media company dedicated to producing books, journals, workbooks, training resources, and educational materials that inspire personal growth, lifelong learning, compassion, leadership, and community engagement.

Through a diverse portfolio of publications and programs, Glow Spirit Press LLC™ seeks to empower individuals, families, educators, organizations, and communities with practical tools and meaningful resources that support positive transformation and social impact.

The company's publishing initiatives encompass educational programming, professional development resources, companion workbooks, journals, children's materials, leadership development content, and innovative learning experiences designed to meet the needs of learners across all stages of life.

Glow Spirit Press LLC™ is closely aligned with the mission of **Glow Spirit Foundation Inc.**, a nonprofit organization dedicated to advancing education, advocacy, community development, and service. Together, these organizations work to promote compassion, empowerment, inclusion, and meaningful opportunities for growth and engagement.

Through its publications, programs, and partnerships, Glow Spirit Press LLC™ remains committed to illuminating pathways of learning, understanding, and positive change.

For additional information, resources, and publications, visit:

www.glowspiritpress.com