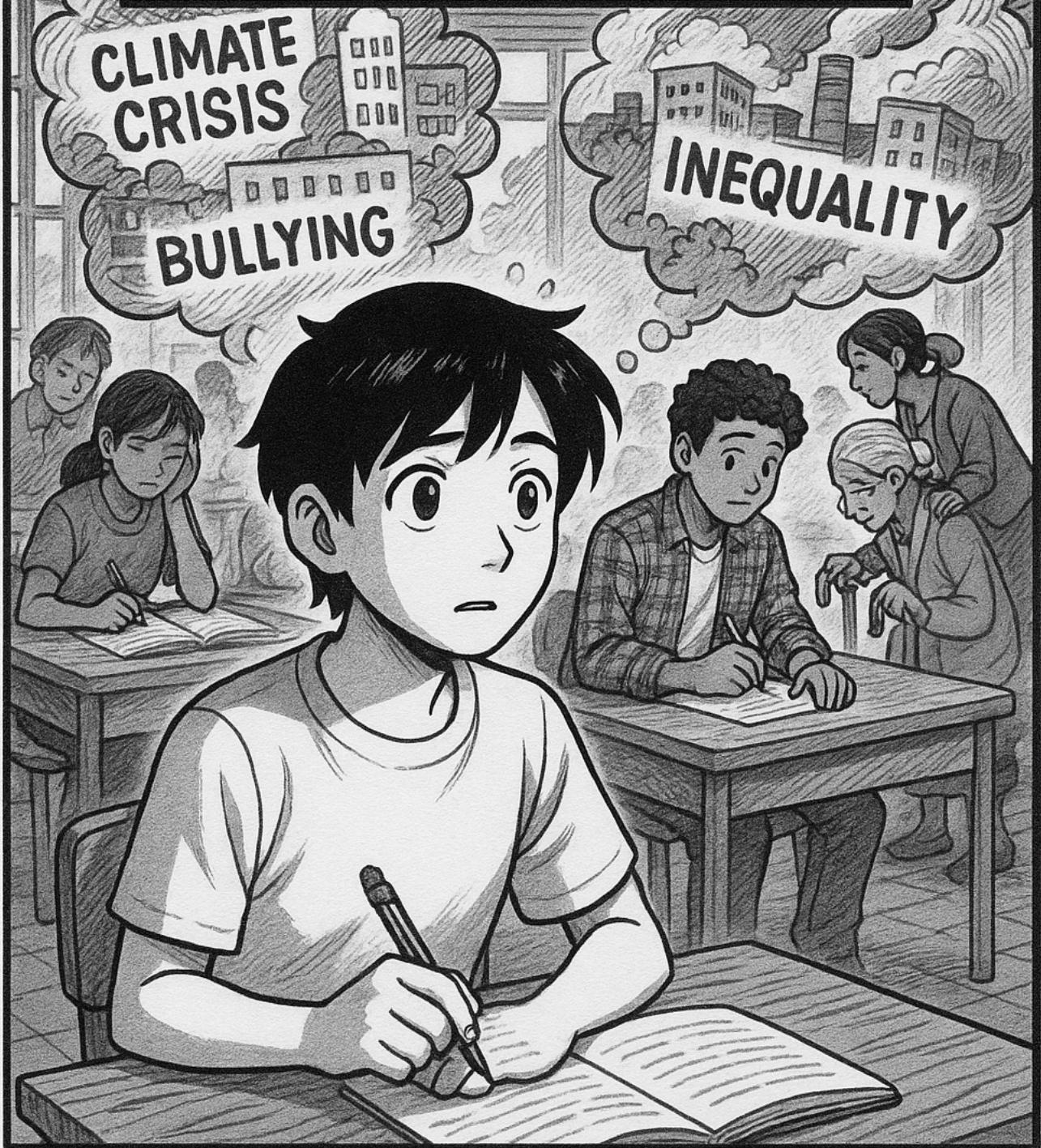




SOMETIMES THE WORLD FEELS LOUD, UNFAIR... TOO BIG TO CHANGE. BUT INSIDE YOU, A QUIET VOICE IS WHISPERING: 'THERE'S MORE TO YOU.'



**BEING A LEADER DOESN'T MEAN  
BEING IN CHARGE. IT MEANS  
BEING AWARE, KIND, AND MAKING  
CHOICES THAT HELP EVERYONE.**

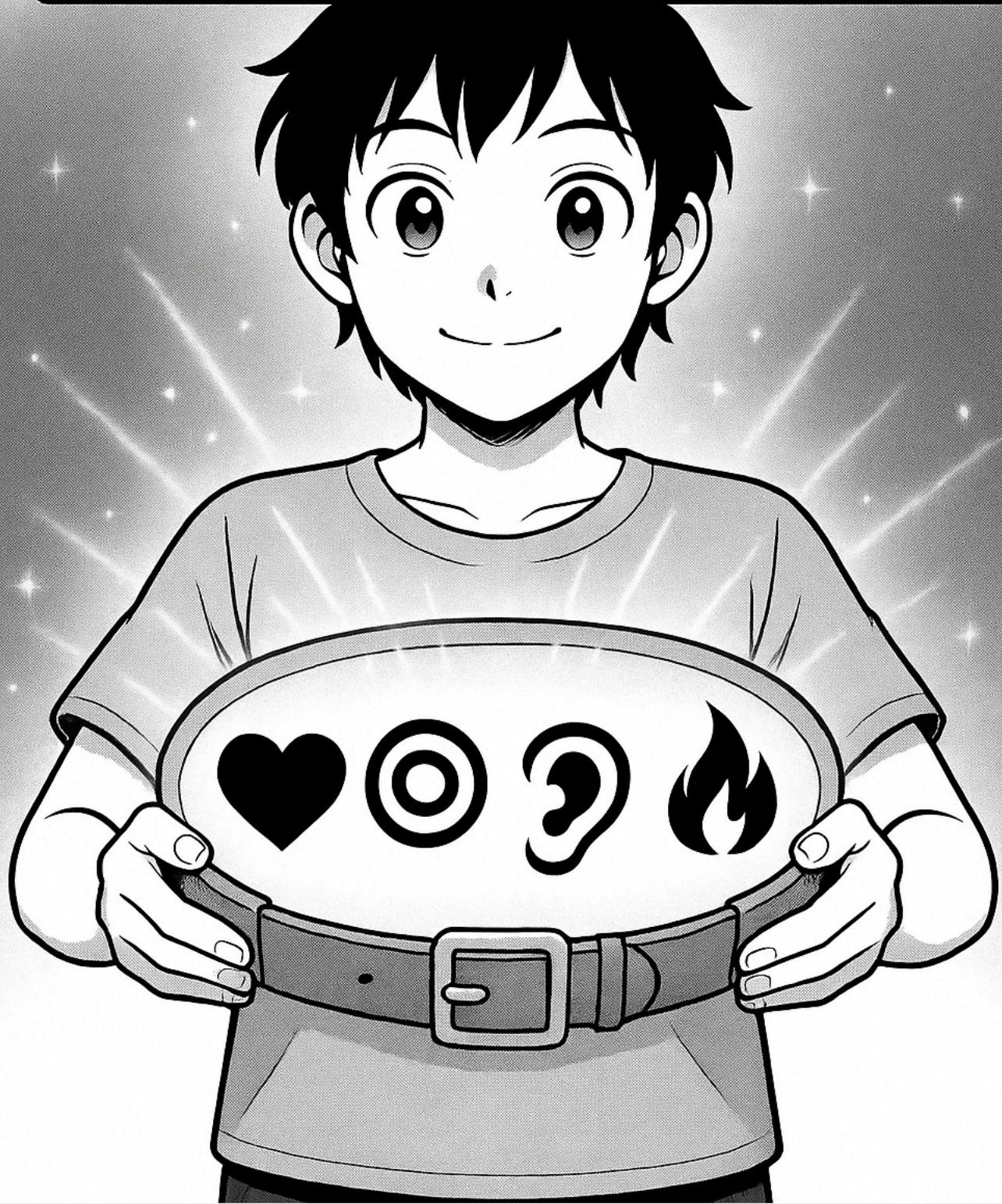


# **LOOK WITHIN FIRST**

To lead others, first know yourself.  
That means understanding what  
you feel—and why.



WITH PRACTICE, YOU CAN GROW  
TOOLS LIKE EMPATHY, COURAGE,  
DEEP LISTENING, AND PURPOSE.  
THESE ARE YOUR SUPERPOWERS.



# Facing Shadows

We all have hidden fears and assumptions.  
When we name them, they lose power —  
and we grow stronger.

FEAR  
ANGER  
BIAS  
SHAME



Do I only  
trust people  
who look like  
me?



**True leaders listen deeply.  
Every voice matters—  
especially voices often left out.**



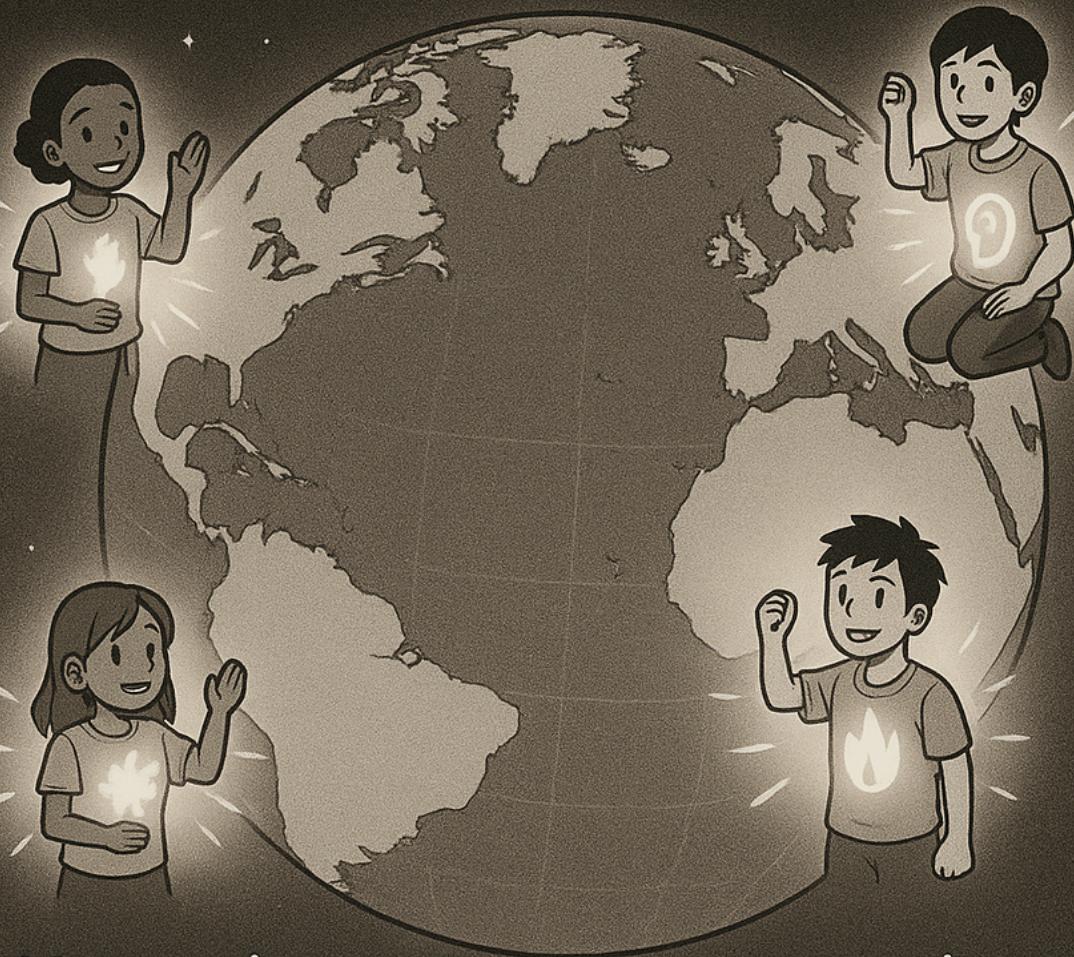
WHEN YOU ACT WITH HEART AND COURAGE,  
YOU CREATE CHANGE.  
EVEN SMALL ACTS RIPPLE OUTWARD.



Conscious leadership grows stronger in community.



The world is facing big challenges—and big transformations.



Your voice, your care, your actions...  
they matter



**Start a  
mindfulness  
practice**



**Join or start  
a youth council**



**Create a  
peer listening  
circle**



**Begin your journey today.  
Reflect. Connect.  
Lead with heart.**



QR code: Links to youth-friendly mindfulness tools, council templates, and consciousness-raising circles: \*<https://www.globalgovernanceframework.org/youth>\*