



DIEGO
MISSION LEADER

ROCSTAR #1/2

MISSION CARD

PART THREE



TEAM

LIVE LIKE A
ROCSTAR
ON YOUR TEAM

Hey ROCstar!

You just finished Part Three! Now it's time to take what you learned and put it into action on your **TEAM**.

Complete all three missions below. When you're done, you'll be one step closer to living like a ROCstar!



SERVE

LOOK FOR WAYS TO HELP

Serving means you notice a need on your team and do something to help with a great attitude.

YOUR MISSION:

- ☐ Look around your team for someone who could use help.
- ☐ Encourage or include one teammate this week.
- ☐ Do one helpful job without being asked.



IDEAS:

- Cheer for a teammate
- Help clean up equipment
- Include someone left out
- Help a newer teammate
- Thank your coach or leader



SOLVE

BE PART OF THE SOLUTION

Solving means you don't just complain about a problem on your team — you help make it better.

YOUR MISSION:

- ☐ Notice one small problem or disagreement on your team.
- ☐ Think of one way you can help make it better.
- ☐ Take a positive step toward the solution.



IDEAS:

- Calm a disagreement
- Ask, "How can I help?"
- Use kind words
- Share supplies or space
- Help the group refocus



BOUNCE

KEEP GOING, EVEN WHEN IT'S HARD

Bouncing back means you don't quit when you make a mistake or feel disappointed. You reset, learn, and try again.

YOUR MISSION:

- ☐ Think of a recent mistake or disappointment on your team.
- ☐ Choose one positive way to respond differently this time.
- ☐ Bounce back by practicing, trying again, or encouraging others.



IDEAS:

- Try again after a mistake
- Listen to coaching
- Say you're sorry
- Stay positive when it's hard
- Keep practicing