



Who has the  
**POWER**  
 to make dreams come true?  
**You do!**

**Your unique thoughts, ideas and energy give you POWER.**  
**Use that positive POWER to get more from your life.**  
**Your POWER can lead you to new skills and special accomplishments.**

Power of One helps you find and use your personal POWER. You create a project just for you. You set goals for yourself, then work to achieve them. And you see results! You'll have new experiences, learn about yourself, and feel pride in reaching a goal. Plus, you can earn recognition from your FCCLA chapter and the state and national organizations. The skills you learn in Power of One will help you now and in the future in school, with friends and family, and on the job.

**Power of One Is for You!**

Have you ever thought about a special goal? Maybe you would like to develop better study habits, cope with a physical challenge, get along with family members, improve job skills, become a leader—or any other personal goal.

Power of One is for YOU! You select the goals most important to you, then create a plan of action to meet them.

**Each of us has the POWER  
 to fulfill our dreams.  
 It only takes one person to  
 make a dream come true.  
 That person is**

**YOU!**

Each Power of One project fits in one of the five units—



**A Better You—**  
improve on a personal trait



**Family Ties—**  
get along better with family members



**Working on Working—**  
explore and prepare for careers



**Take the Lead—**  
develop leadership qualities



**Speak Out for FCCLA—**  
tell others about the organization

**Power of One offers the opportunity to**

- Examine issues in-depth
- Work alone and at your own pace
- Tackle personal projects
- Explore a special interest
- Learn to set goals and make decisions
- Develop leadership skills
- Expand on knowledge and skills learned in Family and Consumer Sciences
- Receive recognition for your efforts.

*Power of One is a national program of Family, Career and Community Leaders of America®.*