POWER OF ONE
NATIONAL PROGRAM INFORMATION SHEET

POWER of ONE 1

ONE MEMBER. PERSONAL GOALS. MEANINGFUL GROWTH.

Power of One gives FCCLA Members a framework to identify individual goals, create a plan, take action, and recognize personal progress. Members choose areas that matter to them, develop responsibility and confidence, and apply goal-setting skills at school, at home, in leadership, and in future careers.

POWER OF ONE ESSENTIAL TOPICS

A BETTER YOU	FAMILY TIES	WORKING ON WORKING	TAKE THE LEAD	SPEAK OUT FOR FCCLA
Strengthen a personal trait or habit through intentional self-improvement.	Improve communication, relationships, or cooperation with family members.	Explore career options and practice skills useful in the workplace.	Build leadership abilities by accepting responsibility and taking initiative.	Communicate the positive impact of FCCLA experiences to others.

HOW POWER OF ONE WORKS

1. **LEARN:** Reflect on individual strengths, needs, and interests; select a meaningful and realistic goal.
2. **PLAN:** Set a clear goal, identify specific actions and support, establish a timeline, and determine evidence of progress.
3. **LEAD:** Carry out the plan, monitor results, make adjustments, and reflect on what was accomplished.

INSIDE THE PROGRAM GUIDE

- 5 comprehensive units focused on individual growth
- 5 ready-to-use lesson plans
- 50 interactive activities and goal-setting opportunities
- Member-centered planning, reflection, and recognition resources

WHAT PROJECTS CAN LOOK LIKE

- **PERSONAL HABIT IMPROVEMENT:** Set a study, organization, or wellness habit goal and track consistent progress. Review progress regularly and identify strategies that supported improvement.
- **FAMILY COMMUNICATION GOAL:** Choose a relationship-building action, practice it, and reflect on changes over time. Members can document communication efforts and reflect on their impact.
- **CAREER PREPARATION MILESTONE:** Research career options and complete a resume, job-shadowing, or interview-preparation goal. Define one achievable milestone and record evidence when it is complete.
- **SHARE THE FCCLA STORY:** Create a short presentation or outreach activity explaining personal growth through FCCLA. Practice explaining benefits through personal examples and clear messages.

NATIONAL RECOGNITION

FCCLA offers national recognition to members who complete all five units of Power of One. This honor includes special recognition on the FCCLA website and at the National Leadership Conference.

GET THE PROGRAM

Included for affiliated advisers

Power of One is available at no additional cost through the FCCLA Adviser Hub.

Designed for individual members and supported by advisers, Power of One puts personal responsibility, goal-setting, and reflection into action across family life, school, leadership, and career preparation.

For more information, **visit fcclainc.org** or email **programs@fcclainc.org.**