

The Legacy Library

Student Edition

Eight one-page tools to help students set goals, find opportunities, build strong habits, and plan their next step — whatever road they take.

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|----|----------------------------------|--|
| 01 | Scholarship Game Plan | Build your hub and apply every week |
| 02 | Pathway Timeline by Grade | College, career, military, and trade paths, 9th–12th |
| 03 | Pressure-Ready Routine | For tests, presentations, auditions, interviews |
| 04 | Conversations That Matter | Talk with counselors, parents, teachers, mentors |
| 05 | 30-Day Growth Challenge | Keep one promise for 30 days |
| 06 | Opportunity Tracker | Track the opportunities worth your time |
| 07 | Weekly Game Plan | Balance school, activities, and life each week |
| 08 | Senior Year Checklist | Season-by-season senior to-do list |

HOW TO USE IT

Work through one tool a week, in order.
Each one takes 15 minutes or less.

TAKE IT FURTHER

Start with your free S.O.U.L. Profile, then
go deeper with The Playbook and The
Action Kit.

PRINT IT, FILL IT, KEEP IT

Keep finished pages in one folder.
They're your plan and your proof of
progress.

Scholarship Game Plan

Find the money. Stay organized. Apply before the pressure hits.

TIME 15 minutes

COMPLETE THIS AFTER What's Your Scholarship Personality?

WHY THIS MATTERS

Scholarship money rarely goes to the student who waits. It goes to the student who has a list, a system, and the discipline to apply every week, starting before senior year.

COACH'S TIP

Local scholarships get fewer applicants. Start close to home, apply often, and treat every "no" as practice.

1 · BUILD YOUR HUB
ONE-TIME SETUP

- ☐ Scholarship-only email address
- ☐ Folder (Google Drive or paper) for every document
- ☐ Transcript and test scores saved as PDFs
- ☐ One-page brag sheet: activities, service, awards, jobs
- ☐ One strong core essay you can adapt
- ☐ 2–3 recommenders asked with 3+ weeks' notice

2 · KNOW LOUISIANA MONEY
CHECK MYLOSFA.LA.GOV

- ☐ **TOPS Opportunity:** 2.50 TOPS core GPA, 19 core units, ACT 20+ (higher awards need more)
- ☐ Apply through the FAFSA or the TOPS Online Application
- ☐ Add the LOSFA code when you register for the ACT or SAT
- ☐ FAFSA opens every fall and unlocks Pell, GO Grant, and college aid

3 · WHERE TO LOOK
START LOCAL, THEN GO WIDE

- ☐ Your counselor's scholarship list
- ☐ Local businesses, civic clubs, and churches
- ☐ A parent's employer, or your own job
- ☐ Each college's own scholarship page
- ☐ Awards tied to your intended major or career
- ☐ Free databases like BigFuture and Fastweb

MY SCHOLARSHIP SCOREBOARD

SCHOLARSHIP	AMOUNT	DEADLINE	ESSAY?	SUBMITTED	RESULT

Scam check: Real scholarships never charge a fee to apply and never ask for a bank account or Social Security number up front. If it contacted you first and wants money, walk away.

GO DEEPER → Learn how aid and TOPS work in **The Playbook**, Sections 07 and 11, free at soulofthesouthsports.org.

Build Your Legacy

My weekly application day: _____ Applications this month: _____

First scholarship I'll apply for: _____ Accountability partner: _____

Pathway Timeline by Grade

Every road needs a map. Start drawing yours now.

TIME 10 minutes

PAIRS WITH your S.O.U.L. Profile

WHY THIS MATTERS
Four-year college, two-year college, technical training, the military, the workforce: each is a real road. The students with the most choices are the ones who started exploring early.

COACH'S TIP
Same destination, different roads. Your path doesn't have to look like anyone else's to be the right one.

9th
EXPLORE

- ☐ Meet your counselor: TOPS University and Jump Start pathways
- ☐ Join one club, team, or activity
- ☐ Build study habits: GPA counts now
- ☐ Take a career interest inventory

10th
DEVELOP

- ☐ Take the PreACT or PSAT
- ☐ Ask about dual enrollment and Jump Start credentials
- ☐ Job shadow one career
- ☐ Start a résumé: activities, service, jobs

11th
PREPARE

- ☐ Take the ACT (add the LOSFA code); retake if needed
- ☐ Visit campuses and training programs
- ☐ Build a list of 6–10 options across paths
- ☐ Summer program, internship, or job

12th
EXECUTE

- ☐ Apply by fall deadlines
- ☐ FAFSA and TOPS as soon as possible
- ☐ Compare offers on real cost
- ☐ Confirm your next step before graduation

EVERY PATH IS A REAL PATH

4-year university

2-year / community college

Technical college

Apprenticeship

Military

Straight to work

- Community college credits can transfer; ask which schools accept them
- Apprenticeships pay you while you learn a trade

- Thinking military? Talk to a recruiter and take the ASVAB
- TOPS Tech can help pay for technical programs

MY TOP OPTIONS

OPTION	PATH	WHAT IT TAKES TO GET IN	NEXT STEP

GO DEEPER → See the full road from 9th grade to graduation in **The Playbook**, free at soulofthesouthsports.org.

Build Your Legacy

My next step: _____

By: _____

Who can help me: _____

Pressure-Ready Routine

For tests, presentations, auditions, and interviews.

TIME 5–10 minutes

COMPLETE THIS AFTER Are You Game-Day Ready?

WHY THIS MATTERS

Big moments rarely go well by accident. Students who stay calm under pressure practiced their routine long before the test, the stage, or the interview.

COACH'S TIP

Let preparation set the tone. Your emotions can come along, but they don't get to drive.

NIGHT BEFORE

- ☐ Lay out what you need: ID, calculator, notes, outfit
- ☐ Review; don't cram
- ☐ Screens off 30 minutes before bed
- ☐ Picture yourself doing it well

THE DAY OF

- ☐ Eat a real breakfast
- ☐ Arrive 15 minutes early
- ☐ Review your 3 key points
- ☐ Silence your phone

IN THE MOMENT

- ☐ Stuck? Skip it and come back
- ☐ Breathe before you answer
- ☐ Slow down when you speak
- ☐ Next-question mindset

AFTER

- ☐ Name one win, one fix
- ☐ Ask for feedback
- ☐ Reward the effort
- ☐ Let it go by bedtime

Stop • Reset • Respond

Breathe in for 4, out for 6. Say your cue word. Give your best effort to the next question.

My cue word: _____ My reset move: _____ One goal for this moment: _____

MY ROUTINE, MY WAY — WRITE IT ONCE, THEN REPEAT IT EVERY TIME

WHEN	WHAT I DO	WHY IT HELPS ME

GO DEEPER → Build the mindset behind the routine with **The Legacy Standard** (coming soon — join the waitlist).

Build Your Legacy

The part of my routine I'll practice this week: _____

STUDENT TRACK • TOOL PATH



Dream it. Build it. Own it.

Soul of the South Sports | soullofthesouthsports.org

Conversations That Matter

Most doors open because someone asked.

TIME 10 minutes

COMPLETE THIS AFTER What Kind of Teammate Are You?

WHY THIS MATTERS

The right conversation can change a semester, or a life. Most doors open because someone was brave enough to ask.

COACH'S TIP

Don't assume. Ask. Listen first, then lead with respect.

STUDENT → COUNSELOR

- "Am I on track to graduate and to qualify for TOPS?"
- "Which pathways fit what I'm interested in?"
- "What scholarships or programs should I know about?"

When: _____

☐ I had this conversation

STUDENT → PARENT

- "Here's what support looks like for me right now."
- "Can we talk about my goals and what I'm worried about?"
- "I need encouragement more than pressure today."

When: _____

☐ I had this conversation

STUDENT → TEACHER

- "Can you help me understand what I missed?"
- "What would move my grade up the most?"
- "Would you be willing to write me a recommendation?"

When: _____

☐ I had this conversation

STUDENT → MENTOR

- "How did you get started in your career?"
- "What do you wish you knew at my age?"
- "Could I shadow you or help out for a day?"

When: _____

☐ I had this conversation

BUILD YOUR OWN SCRIPT

When a conversation feels hard, use three parts: what you noticed, what you need, and what you're asking for.

I noticed... _____

I need... _____

Can we... _____

What they said: _____ What I'll do next: _____

Respect · Listen · Encourage · Follow Through

GO DEEPER → Keep building who you are becoming with **The Legacy Standard** (coming soon — join the waitlist).

Build Your Legacy

Conversation I need to have: _____ With: _____

By (date): _____ How I'll open it: _____

30-Day Growth Challenge

Small daily actions create extraordinary results.

TIME Under 2 minutes a day

COMPLETE THIS AFTER What's Your Legacy Score?

WHY THIS MATTERS

You don't build confidence, leadership, or legacy in one day. You build it one choice at a time, then repeat that choice until it becomes part of who you are.

COACH'S TIP

Don't try to change your whole life in 30 days. Keep one promise for 30 days.

CHOOSE ONE HABIT

- ☐ Read 20 minutes
 ☐ Study before scrolling
 ☐ Drink more water
 ☐ In bed on time
 ☐ Encourage one person
 ☐ No phone first 30 minutes
 ☐ Practice a skill I'm building
 ☐ Write one goal each morning

My habit (be specific: what, when, where): _____

DON'T BREAK THE STREAK — COLOR A CIRCLE EACH DAY YOU KEEP YOUR PROMISE

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

WEEK 1 CHECK-IN

Days kept: ___ / 7

What helped: _____

WEEK 2 CHECK-IN

Days kept: ___ / 7

What helped: _____

WEEK 3 CHECK-IN

Days kept: ___ / 7

What helped: _____

WEEK 4 CHECK-IN

Days kept: ___ / 7

What helped: _____

Missed a day?

You don't quit, you restart tomorrow. The rule is simple: **never miss twice**. Consistency beats perfection.

GO DEEPER → Turn one habit into a year of growth with **The Legacy Standard** (coming soon — join the waitlist).

Build Your Legacy

Why this habit matters to me: _____

Start date: _____ Finish date: _____ I'll tell: _____

Dream it. Build it. Own it.
Soul of the South Sports | soulofthesouthsports.org

Weekly Game Plan

Win your week before you try to win your semester.

TIME 5–10 minutes every Sunday

COMPLETE THIS AFTER What’s Your Time-Management Style?

WHY THIS MATTERS

Big goals aren’t reached in one day. They’re built through consistent weeks, planned priorities, and protected time for rest.

COACH’S TIP

If everything is important, nothing is. Pick your top three before you fill in anything else.

MY TOP 3 WINS THIS WEEK

1. _____

2. _____

3. _____

RATE LAST WEEK (1–5)

School	☐	☐	☐	☐	☐
Activities	☐	☐	☐	☐	☐
Life	☐	☐	☐	☐	☐

Fill circles left to right. Any lane under 3 gets a win this week.

DAY	MUST DO (SCHOOL)	ACTIVITIES	LIFE / FAMILY / REST
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

PROTECT THIS

☐ Sleep

☐ Downtime

☐ Homework time

☐ Family and faith time

DISTRACTION PLAN

What might get in the way? _____

How I’ll handle it: _____

GO DEEPER → Keep growing week by week with **The Legacy Standard** (coming soon — join the waitlist).

Build Your Legacy

By this time next week, I’ll be proud that I: _____

Senior Year Checklist

Graduate prepared. Start what's next with confidence.

TIME 10 minutes

COMPLETE THIS AFTER How College-Ready Are You?

WHY THIS MATTERS

Senior year isn't just about graduation. It's about preparing for what comes next so avoidable details don't become unnecessary stress.

COACH'S TIP

Getting accepted is the first win. Being ready when you arrive is the next one.

FALL AUG – DEC

- ☐ Meet counselor: confirm graduation and TOPS core units
- ☐ Final ACT/SAT attempts (add the LOSFA code)
- ☐ StudentAid.gov accounts for you and a parent
- ☐ File the FAFSA as soon as it opens
- ☐ Submit applications and request transcripts
- ☐ Ask for recommendations early
- ☐ Settle your path: college, training, military, or work

WINTER JAN – MAR

- ☐ Scholarship push: one application a week
- ☐ Check email and college portals weekly
- ☐ Send any documents aid offices request
- ☐ Keep grades up: offers can be taken back

SPRING APR – MAY

- ☐ Compare aid offers side by side
- ☐ Commit and pay deposit by the deadline (often May 1)
- ☐ Decline other offers respectfully
- ☐ Confirm housing and register for orientation
- ☐ Send thank-you notes to everyone who helped

SUMMER JUN – AUG

- ☐ Request final transcript be sent
- ☐ Register for classes
- ☐ Complete medical and immunization forms
- ☐ Set up college email; check it weekly
- ☐ Build a simple monthly budget
- ☐ Learn campus resources: tutoring, advising, counseling

Don't miss: The final TOPS deadline is July 1 after graduation, but don't wait. The FAFSA is no longer a Louisiana graduation requirement; it's still the key to most aid.

Beyond the Diploma

Graduation is one day. The habits you build now shape the years that follow.

GO DEEPER → Check your TOPS tier and plan for any gap with Know Your State Money in **The Action Kit**, Section 11.

Build Your Legacy

Before graduation, I will complete: _____

Deadline: _____ Accountability partner: _____