

ATOMIC PNG INSTITUTE

A SYSTEMS DEVELOPMENT INITIATIVE OF FLEXWEAR TM LIMITED



ATOMIC YOUTH

P N G

Youth Leadership Journal

BUILDING DISCIPLINE, LEADERSHIP, PURPOSE & SUCCESS

Michael Basse

Better Habits. Better Leaders. Better Futures.

ATOMIC YOUTH PNG

Youth Leadership Journal

By Michael Basse

Better Habits. Better Leaders. Better Futures.

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A note on wellbeing. This journal encourages discipline, leadership, healthy habits, and personal growth. It is a tool for self-development, not a substitute for the guidance of parents, teachers, elders, or professionals. If you are struggling with your health, your safety, or your feelings, this journal encourages you — always — to talk to a trusted adult and seek real support. Asking for help is a sign of strength, not weakness.

Original work. This is an original work. Its ideas are drawn from general principles of leadership, character, habit, and personal development, and from the realities of young people in Papua New Guinea. It is not based on or copied from any other published book.

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First edition, 2026.

Dedication

*This journal is dedicated to the youth of Papua New Guinea —
to the dreamers who imagine a better tomorrow,
to the builders who will make it real,
to the innovators who will find new ways,
to the future teachers, leaders, and entrepreneurs,
and to every young change-maker who chooses, day by day,
to build a better self and a better nation.
Your future is built by what you do every day.
This journal is for you.*

Foreword

There has never been a more important time to be a young leader in Papua New Guinea.

Our nation is young — in its years and in its people. A great share of the population is under twenty-five. That is not a small fact. It means that the future of this country is not in the hands of some distant authority. It is in the hands of its young people. It is in *your* hands.

But leadership is not something you wait to be given. It is not a title that arrives one day, or a position you are appointed to. Leadership is something you *build* — in yourself, starting now, through the small choices you make every day. The disciplined habits you form as a young person, the character you develop, the goals you set and pursue, the way you treat others, the responsibility you take for your own life — these are what shape the leader you become.

This is the heart of what this journal teaches: that your future is not decided by your circumstances, your luck, or your connections, but built — quietly and steadily — by what you do every day. A young person of modest means who builds good habits and strong character will go further than one of great advantage who builds neither. The daily choices are the real currency of a life.

Papua New Guinea needs young people who understand this. It needs young people who lead themselves first, who take responsibility, who build discipline, who keep learning, who serve their communities, and who refuse to waste the one life they have been given. It needs young leaders of character — not just clever young people, but *good* ones, who will use their abilities to build rather than to take.

That is what this journal is for. Not to entertain you, but to help you build yourself — one day, one habit, one choice at a time. The work is yours to do. And it matters more than you may yet know.

Better Habits. Better Leaders. Better Futures.

Introduction — How to Use This Journal

Welcome. You are holding a tool for building your future.

This is not a book you simply read. It is a journal you *use* — to think, to plan, to track, to reflect, and to grow. You get out of it exactly what you put in. Read it lazily and it will do little; work through it honestly and it can change the direction of your life.

Here are the ideas at its heart.

Leadership begins with self-leadership. Before you can lead anyone else, you must learn to lead yourself — to govern your own habits, your own time, your own choices. The young person who cannot get themselves out of bed, keep a promise to themselves, or finish what they start is not yet ready to lead others. The good news is that self-leadership can be *built*, and this journal shows you how. Every great leader began by learning to lead the one person they could always control: themselves.

Daily actions matter more than you think. Big achievements are not built in big moments. They are built in small, ordinary days — the study you did or didn't do, the habit you kept or broke, the kindness you showed or withheld. No single day seems to matter much. But days add up. A small good action, repeated daily, compounds over months and years into something remarkable. This is why the motto of this journal is: *your future is built by what you do every day.*

Habits shape futures. A habit is something you do so regularly that it becomes automatic. Your habits — good and bad — are quietly shaping the person you are becoming. Build good habits and they will carry you forward for the rest of your life, doing the work for you. This journal helps you build the habits that build a strong future.

How to use this journal:

- **Read the chapters** (Parts 1-10) to understand the ideas, one part at a time. Don't rush — think about each as it applies to your own life.
- **Do the activities** — the worksheets, reflections, and exercises. These turn ideas into action. This is where the real growth happens.
- **Use the 90-Day Journal** — the guided daily pages that build the habit of daily reflection and intentional living.
- **Use the trackers** — to track your habits, reading, goals, savings, and growth over time.
- **Build the Atomic Youth Systems** — the frameworks that tie it all together.

Write in this journal. Mark it up. Make it yours. Be honest with yourself on these pages — they are for you alone. And be patient: you are building something that takes time, but lasts a lifetime.

Your future is built by what you do every day. Let's begin building it.

PART 1

Better Habits. Better Leaders. Better Futures.

DISCOVERING YOUR IDENTITY

Before you can build your future, you must know who you are. This first part is about discovering your identity — your strengths, your values, your dreams, and the future you want to design. Leadership and growth begin with self-knowledge. You cannot lead a life you have never thought about. So we begin with you.

Chapter 1

Who Am I?

Every strong life is built on a strong sense of who you are. If you don't know who you are, others will decide it for you — and you may spend years becoming someone you never chose to be.

Knowing yourself is not vanity. It is the foundation of every good decision you will ever make. When you know your strengths, you know what to build on. When you know your values, you know how to choose. When you know your dreams, you know where to aim. Without this self-knowledge, you drift — pushed around by other people's opinions, by trends, by whatever feels good in the moment.

You are more than your circumstances. You are not simply where you were born, how much money your family has, or what others expect of you. You are a person with your own mind, your own gifts, and your own choices. Two young people can grow up in the same village, with the same disadvantages, and become completely different adults — because identity is not given to you, it is *discovered and built*.

Discovering who you are takes honesty and reflection. It means asking real questions: What am I good at? What do I care about? What kind of person do I want to be? Most people never stop to ask these questions, and so they never really know themselves. You are going to be different. You are going to know yourself — and that knowledge will become the foundation of everything you build.

My Reflection

Who am I right now? *Describe yourself honestly — not who others say you are, but who you actually are.*

.....

What makes me, me? *What is different or special about how you think, feel, or act?*

.....

Who do I want to become? *Picture yourself in ten years. Who is that person?*

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End of Free Preview

Thank you for previewing the
Atomic Youth PNG Youth Leadership Journal.

The full journal contains all 50 chapters across 10 parts,
the 8 Atomic Youth Systems, a special section on the
future leaders of PNG, a complete 90-day guided journal,
and 10 printable trackers — everything a young person needs
to build discipline, leadership, and a strong future.

K79

Get the Full Journal

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