

## Distinguished Young Women's Be Your Best Self Program



### Who

**All Girl Scout Councils** - Daisies, Brownies, Juniors, Cadettes, Seniors, and Ambassadors.

### Objective

To develop an understanding of the Distinguished Young Women Be Your Best Self program while gaining a desire for excellence. To build a self-esteem to help one prepare to successfully deal with daily challenges in a way that exemplifies courage, confidence and character.

### Guidelines

Daisies and Brownies must complete one activity from each section. Juniors and Cadettes must complete two activities from each section. Seniors, and Ambassadors must complete three activities from each section.

**The starred (\*) activities are required for GSSA council Girl Scouts only.**

### Cost

\$2.00 per patch

(Please check patch availability at [www.girlscoutshop.com/SOUTHERN-ALABAMA-COUNCIL](http://www.girlscoutshop.com/SOUTHERN-ALABAMA-COUNCIL) before beginning activities)

## Be Your Best Self

Girls develop a strong sense of self through involvement in the program.

1. \*Adopt a Distinguished Young Woman and correspond with her prior to her arrival in Mobile for the National Finals.
2. \*Attend at least 2 Distinguished Young Woman programs: Welcome, DYW party and/or community night.
3. Invite a Distinguished Young Woman or Distinguished Young Woman volunteer to your troop meeting for an orientation of the "Be Your Best Self" program. Visit [www.DistinguishedYW.org/programs](http://www.DistinguishedYW.org/programs) to locate a representative in your area.
4. Research the 5 elements of the "Be Your Best Self" program. What does each element teach girls about being their best self?
5. Each Distinguished Young Women program evaluates participant in five categories. What are these five categories and how are each weighted? Why do you think these categories are important?
6. Apply to participate in the local DYW program if you are a current Junior or Senior High School student.

## Be Healthy

Girls gain practical life skills by practicing healthy living.

1. Make a Food Pyramid or My Plate diagram listing foods you like in each food group. What foods are healthy? Eat three healthy foods a day for one week.
2. Plan and prepare a balanced meal.
3. Identify the different parts of food labels and compare the nutrition on a variety of foods.
4. Discover your recommended daily caloric intake and track your caloric intake for three days.
5. Discuss with a troop leader or parent the healthy benefits of regular exercise. Make a record the number of repetitions you can do of sit-ups, push-ups, and jumping jacks. For four weeks, do these exercises three times each week. Chart your progress with the goal of adding to the number of repetitions you can do each week.
6. Organize a neighborhood or community walk or sign up to participate in one.
7. Getting enough sleep is crucial to optimal brain function. Research how much sleep someone your age should be getting nightly and track the number of hours you get for one week, with the goal of getting what is required for your age.

## Be Involved

Girls can identify community needs through service in community.

1. Help in a community service project.
2. Make a poster using pictures from magazines and newspapers showing five ways of serving in your community.
3. Have someone from a community service organization visit your troop and tell you about what they do and how it benefits the community.
4. List community service organizations in your community and how each helps your community.
5. Volunteer with the DYW program in your community.
6. Research community service organizations where someone with your career goals would be helpful. Research the different jobs in the organization and how each serve in the organization. Contact the organization to set up a day to shadow the job that would interest you the most.
7. Invite a Girl Scout Gold Award recipient to come speak to your troop about her gold award project. Ask her to share tips on how she planned and implemented her gold award project.

## Be Studious

Girls seek challenges in the world.

1. Select a book to read for enjoyment. Set a goal to read at least one page or chapter a night.
2. Teaching is one of the best ways to learn. Get involved in an after school tutoring program or find an individual who needs tutoring. Volunteer to help teach math and English skills to younger children.
3. Meet with your guidance counselor at school and discuss potential colleges and majors you might be interested in attending. Learn about the application process and requirements for the schools you are interested in attending.

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4. Go to your local library. Have a librarian explain to you how the books are organized and show you the reference section. What kind of information can you find there? Check out an age appropriate book to read at home or read at the library.
5. Make a list of professions that interest you and research different aspects of that profession. For example: what education does it require, do you have to attend a certain school, how long will it take to earn that degree, what is the median salary, etc.
6. Make an appointment with someone in the profession that interest you and ask if you can shadow or mentor them for a day.

### Be Ambitious

Girls advocate for themselves and others by setting and achieving goals.

1. Select a daily chore at home and agree to do it for a week. Keep a chart of that week's task.
2. Select one subject that you would like to improve by one letter grade before the next grading period. Make a study schedule and stick to it.
3. Make a decision to go to college. Research three colleges that interest you. Find their location, yearly tuition and admission requirements.
4. Set some goals you will need to accomplish for getting admitted to your college choices. Share these with your parents, teacher or guidance counselor.
5. Visit your local recycling center to find out what products can be recycled in your area. Set up a recycling system at your home and recycle for at least one month. The longer the better.
6. Decide to participate in a DYW program. List the five areas of competition and three ways you can prepare for each.

### Be Responsible

Girls develop positive values by living by moral and ethical principles.

1. Examine the Girl Scout promise and law. What principals or values does a Girl Scout live by? Describe an example of when you have done something in keeping with these values and principles.
2. Keep your room picked up and clean for one week or ask your parents to make a chore list for you to follow.
3. Discuss signs and prevention of abuse of all kinds (animal, physical, emotional, etc.) with a professional such as a doctor, counselor, or shelter. Do something to help a women's or animal shelter in your area.
4. Make a list of your personal values and beliefs and rank them in order of most importance to you. Think of why these things are important to you. Share these with your troop, group, or family.
5. Think of a time when you were in a situation where your ethics or morals were being compromised. Without naming other individuals, write about: How did this make you feel? What was the situation? What were the values in conflict? Was there anyone else involved who agreed or disagreed with your viewpoint? How did you react to the situation?

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