

Ambassador Journey Guide

It's Your Story—Tell It!

BLISS: Live It! Give It!

1. The Purpose of BLISS: Live It! Give It!

- i** Learn to dream big, now and for your future. Begin your legacy as a leader. As you prepare to move from high school into the next phase, *BLISS* will help navigate life's twists and turns. Realize your dreams and help others realize theirs—whether you want to win a Gold Medal, discover a vaccine that cures a disease, or run for president.

2. Take Action Project

- i** To complete *BLISS*, finish the Journey and complete a Take action project. This is when your creativity gets to shine through as you take a leap into building a positive change for your community! Take action projects should create sustainable solutions to real world problems.

Examples:

- **Mental Health:** Stress, Anxiety, and Peer Pressure puts a great deal of strain on everyone's mental health. Explore the connections between physical and mental health, make a mental and physical health plan (meditation, yoga, etc.), and help other girls realize how this can help them too!
- **Media:** Make a survey on body image and then create an online campaign for girls to develop their self-confidence. Inspire girls to have the confidence to pursue their dreams.
- **Installation Art:** Create a Curtain of Dreams, symbolizing the beginnings of new adventures, opportunities and dreams. Encourage others to add to it.
- **Fashion Design:** Design environmentally friendly clothing that captures your personal description of yourself and speak to your dreams.
- **Youth Development:** Create an anti-bullying campaign or begin a study program at your school for kids who need help studying.
- **Street Art:** Make small objects inscribed with an inspirational message, and leave them behind in public places for strangers to find.

3. Dream Maker Award

i In this Journey, you have the opportunity to earn the Dream Maker award.

Dream Maker Award:

1. Meet successful Dreamers.
2. Seek and select a Dreamer (or Dreamers)—identify a woman or girl, or group of women and girls who would benefit from your assistance in realizing a dream. Pages 17-18 in the *BLISS* Journey provides resources on how to identify your Dreamer(s).
Define the Dream—turn to page 19 and 24 in the *BLISS* Journey for additional ideas on how to help them realize their dreams.
3. Create an Action Plan—does your girl want to be a journalist, surfer, or CEO? Pages 26 to 29 give examples on possible ideas on the path towards success.
4. Turn the plan into action—now that you have a measurable plan make it a reality!

Example:

- If a girl told me she wanted to be a journalist, we could identify an action plan on how to get her to that goal. We could begin by finding writing workshops, submissions for publications, and then plan out a long-term action plan.

4. Field Trip Ideas

i Time for some blissful exploration—now is the time to explore outdoors!

Examples:

- Explore your surrounding community, and discover their diverse needs.
- Visit a local yoga studio with your troop.
- Go to a planetarium show, a music or dance concert, art show or play.
- Have a hot springs, sauna or spa or beach day.
- Go camping under the stars.
- Get BLISSFULLY physical—hiking, cycling, ice-skating or swimming.

5. BLISS: Live It! Give It! Ending

i Once you've explored what bliss means to you, have done your take action project (possibly the Dream Maker award too!), and have completed the self-reflection questions in the *BLISS* Journey—you have accomplished *BLISS*. Congratulations! Hopefully you have gained the skills necessary to go out and not only help others achieve their goals, but are ready to go pursue your dream.