

Ambassadors learn to dream big, now and for their future, and begin their legacy as leaders who help others achieve their dreams too. As they prepare to move from high school into the next phase of their lives, *BLISS* helps girls navigate life's twists and turns in order realize their dreams – whether she wants [to win](#) a Gold Medal discover a vaccine that cures a disease or run for president.

Step 1: Make yourself familiar with the “Live It” part of the girl’s book. Read a few of the articles, check out some of the activities and ask yourself the important questions. Complete the goals activity on page 10, evaluate your values and standards (ch.2), and identify your passions (ch.3). Pick and choose the activities that seem the most useful to you. By getting to know yourself better (your interests, your skills, your goals, etc.), you’ll have a higher rate of success throughout life.

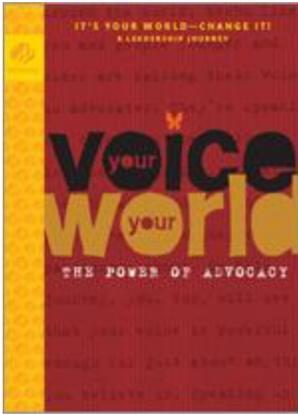
Step 2: Identify some of your long term goals and the skills and action’s you will need to take to make those dreams a reality. Use chapters 4 and 5 of the “Live It” section as a guide.

Step 3: Meet successful dreamers. Talk to your peers and adults you trust about dreams they have, and see what stories you can uncover. Talk about dreams that came true and ones they’re still striving towards. Find women who interest or inspire you and interview them about what made them so successful. (Pages 10-13 of the “Give It” section can help you with interview preparation.)

Step 4: Complete a “Dream Maker” project. (Examples on page 14, 32, and 33). Find someone in your community who has a dream (this can be a child, a peer, or an adult), and help them make that goal come to fruition. Plot out a realistic step-by-step plan that uses your talents and skills to help another’s person’s dream come true.

Step 5: Reflect. What have you learned about your own goals throughout this process? How has your dreaming and planning process changed or developed? How can assisting others with their dreams help you with your own? Read pg. 35 of the “Give it section”.

Step 6: Celebrate. You have now completed the Journey!



How often have you seen something that really needed to be changed and wondered, "Why isn't someone doing something about that?" This journey gives Girl Scout Ambassadors a way to be that someone—an advocate with the power to start the first flutter of real and lasting change. While creating their own "butterfly effect," they'll gain an array of skills—such as networking, planning and learning to speak up for what they believe—that will benefit them as they prepare for life beyond high school.

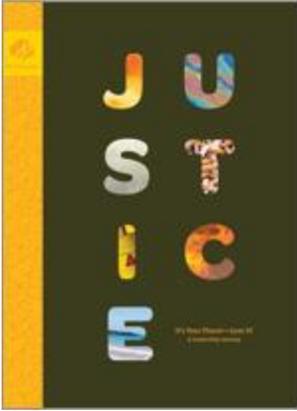
**Step 1: Make yourself familiar with the girl's book.** Learn what it means to be an advocate, read a few of the articles and successful stories, and check out some of the activities. Think about the different communities you belong to and identify some of the issues that bother you within those communities. If possible talk with others about their reactions to various points in the book and the issues you've identified in your communities.

**Step 2: Take Action.** Follow the 8 steps to Advocacy as outlined on pg. 8 -9 of the adult guide and pg.10-11 of the girl's book. Select one issue you would most like to see change, brainstorm a solution, put together your team, identify your target audience, and make your pitch. See what changes you can make in your community by speaking up. Who can you inspire to take action? The girl's book will give you the skills and points you need along the way to be successful in your mission.

**Step 3: Reflect.** Was your project successful? Why or why not? What could you do better next time? What have you learned about advocacy? What skills have you gained? What other women have been strong advocates for their rights, or communities? Be sure to take the time to say thank-you to everyone who helped you along the way.

**Step 4: Think about careers that advocates might have** (hint: page 98 will give you a list). Are there any you would be interested in? How does / could advocacy play a role in your own career aspirations? Complete the tasks on pg. 99 of the girl's book.

**Step 5: Celebrate.** You have now completed the Journey!



Justice—for Earth and all its inhabitants—we all know what it is. Why is it so hard to achieve? In this Journey, ambassadors realize that maybe justice needs a brand-new equation—their equation. By "Doing the Math" with even the simplest of acts, deciphering how decisions get made, and exploring how to use scientific evidence, Ambassadors will create and then present their own unique equation for what justice asks of us.

When they add the [Sage](#) Award to their list of accomplishments, Ambassadors will be confident that they are the wise and healing leaders Earth years for

**Step 1:** Make yourself familiar with the girl's book. Learn what justice means, take a look at the stories and statistics about injustices around the world, and check out some of the activities. Evaluate how different personal and governmental decisions might affect the environment—both here and abroad. Using chapter 4 of the girl's book, see the role that advances in science and technology have played in identifying, causing, and preventing environmental threats.

**Step 2 (optional):** Take a Nature break. This Journey focuses on the environment, so why not go out and explore your local surroundings? Take a hike, go camping. See what you can learn about the local ecology, legends, history, and environmental issues.

**Step 3:** Do the Math. Go to ch. 2 of the girl's book and choose a few of the equations you can do to evaluate your own impact on the environment.

**Step 4:** Search out an environmental issue that bothers you. Using pg. 42 of the girl's book, outline the problem, how it developed, and what you could do to change it. Analyze different media sources on the issue—how is it being presented? Which articles and stories are accurate?

**Step 5:** the Sage Award. At the end of chapters 1-5 in the girl's book there is a review page (it's the green page). If you have not already answered the questions provided and completed the discussions and activities, do so now. Then create your own equation for Justice and present it. Taking the issues you've identified throughout, what can you now do to make a difference? And who can you involve? Present your findings. Pg. 107-111 in the girl's book will give you helpful advice and tips.

**Step 6:** Reflect and take the pledge. What have you learned from this Journey? What changes will you make in your own life based on what you've learned and discovered? How can you continue to promote justice throughout your life? Finish up by taking the pledge on the inside back cover of your book.

**Step 7:** Celebrate. You have now completed the Journey!