

AMBASSADOR BLISS LIVE IT! GIVE IT! JOURNEY AWARD – MEETING 3

Award Purpose: When you’ve earned this Award, you’ll learn to dream big, and understand the bliss you can achieve by helping others realize their own dreams.

Activity	Materials Needed
Calling All Dreamers <ul style="list-style-type: none"> Identify a dreamer (or group of dreamers) to guide. 	None
Get S.M.A.R.T. <ul style="list-style-type: none"> Work with your dreamer to plan out a realistic path to achieve their goal. 	<input type="checkbox"/> S.M.A.R.T. Goal worksheet <input type="checkbox"/> Writing utensils
Stay Connected <ul style="list-style-type: none"> Schedule regular check-ins with your dreamer. 	None
Reflection <ul style="list-style-type: none"> Celebrate a job well-done and reflect on your experience. 	None

Activity #1: Calling All Dreamers

Award Connection: Step 2 – Seek and select a dreamer (or dreamers)

Materials Needed: None

- Now that you’ve talked with some people about their dreams, how they worked to achieve those dreams, and what they learned along the way, you can use what you’ve discovered to help someone else get a dream going.
- The last step you’ll need to take to earn your Dream Maker Award is to find and choose a dreamer (or a group of dreamers) and help them achieve or make progress towards their goal.
- If you’ve identified a dreamer(s) already, go on to the next activity. If you haven’t identified one yet, consider:
 - What are your interest areas? Find a local organization that focuses on that (like an arts council or a local robotics team) and ask if there’s someone struggling to get their dreams off the ground.
 - Tap into your sisterhood network! Is there a younger troop who needs help completing their Take Action project or Highest Award?



Activity #2: Get SMART

Award Connection: Step 3 – Define the dream and Step 4 – Give It! Gift It!

Materials Needed: S.M.A.R.T. Goal worksheet; writing utensils

Prep Needed:

- Print off S.M.A.R.T. Goal worksheet.
1. Once you've identified a potential dreamer, work with them to write a mission statement for their dream and a realistic step-by-step plan for it.
 2. Use the SMART system to guide you in planning your dreamer's goal:
 - **Specific:** Clearly define your goals. What exactly do you want to accomplish? Who, what, where, when, and why?
 - **Measurable:** How will you measure your progress?
 - **Attainable:** Is this goal feasible and realistic?
 - **Relevant:** Why does this goal matter to you? Is this goal worthwhile?
 - **Timely:** What's the timeframe for achieving your goal? Is this timeframe realistic and flexible?
 3. Use the worksheet at the end of the activity plan to help your dreamer outline their steps and goals.

Activity #3: Stay Connected

Award Connection: Step 4 – Give It! Gift It!

Materials Needed: None

1. Aim to stay in touch with your dreamer. Sometimes the plans you make for yourself don't always pan out the way you want them to, and those plans will need tweaking or adjusting.
2. Decide the best way to check in with your dreamer—whether periodic coffee dates or FaceTime sessions—to see how their dream is progressing.

Activity #4: Reflection

Award Connection: Links to multiple steps

Materials Needed: (Optional) Snacks, beverages, and other festive supplies

1. Celebrate your successful Journey—and reflect on your experience!
 - What did you learn about your own goals throughout this process?
 - After hearing about others' dreams and goals, did your personal dreams and goals change? Did hearing about other dreamers inspire you to work harder towards your own goals?
 - How can helping others achieve their dreams help you with your own dreams?



S.M.A.R.T. goal

S.M.A.R.T. goal (what you want to achieve) :

STRATEGIES (how you'll achieve the goal)	ACTION STEPS (the to-do's)	SUPPORT/ RESOURCES needed	TARGET DATE	actual DATE completed
1.				
2.				
3.				

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