



True North Award

Ready to try something bold? Maybe you want to plan a trip, make a new friend, or audition for a solo performance. Find out how to use your values and practice leadership as you choose, plan, and carry out your own courageous act.

Courage looks different for everyone—in this award, you'll pick something courageous for *you*. Get ready to make things happen!

Steps

1. Explore your values
2. Choose a goal that matters to you
3. Make a plan
4. Act with courage, confidence, and character

Purpose

When I've earned this award, I'll have used courage, confidence, and character to do something that matters to me.

Getting Started

Use this guide to help you earn your award. The activity ideas are suggestions—you can create your own, too. At the end of each step, use the Courage Plan worksheet to capture your thoughts. Reflect on your experience in any way you'd like: you might choose to write, take photos or videos, make a visual art piece, or share your thoughts with someone you trust.



Explore leadership and take the first big step toward the Silver Award. This award stands strong on its own—and it's a prerequisite for Silver!



Meeting tools and additional resources for leaders can be found within the Volunteer Toolkit on mygs.org.

Step 1: Explore your values

Think about what matters most to you and how that shapes your choices.

Your character is based a lot on your values and beliefs. Values are what *really* matter to you. They affect how you treat others—and yourself! Values guide you through friendship challenges, family situations, and tough choices at school. When you know your values, it's easier to be true to who you are, especially when facing peer pressure or difficult decisions.

First, take time to think about your values—things like teamwork, respect, or creativity—and how they guide your day-to-day life. Remember, values are personal. There shouldn't be any judgment about which ones are important to you or other people.



Activity ideas:

- **Go on a values quest.** Go on a treasure hunt based on your values. Find objects that represent different values (like empathy, creativity, or determination). Each time you find a “treasure,” write or draw how you show that value in your daily life.
- **Express your values creatively.** Create something that shows what you believe in. Make a playlist of songs that match your values, design a board game where players earn points by acting on values, or write a story about a time your values helped you make a tough decision.

Courage Plan




Step 1: Explore your values

Think about what matters most to you and how that shapes your choices.

My core values (what matters most to me):

Value

How I show this value in my life

[illegible]

Step 2: Choose a goal that matters to you

Pick something meaningful that challenges you to grow.



Courage isn't just about big, dramatic moments—it shows up in everyday actions like answering a tricky question in class, trying a new form of art, or making a difficult phone call. Courage looks different for every person.

Choose an act of courage that aligns with your values and pushes you out of your comfort zone. (You can share your act with others, or keep it private.) What matters most is that it's exciting and meaningful to *you*!

Activity ideas:

- **Speak up for yourself.** Choose something you want to improve on or try but feel a little nervous about—like having an important conversation with a family member, learning to play a new instrument, or asking for help with a challenging subject. Brainstorm a few ideas. How do these actions align with your values? Choose one that feels achievable but makes you stretch!
- **Team up to act with courage.** Meet with a group of family or friends to find out what matters most to them, including their values and hopes for the future. Identify ways your values overlap and brainstorm acts of courage that put your values into action—together! Maybe you all try out for chorus, each apply for a different summer class or program, or learn a new sport as a family. Think of ways to support one another toward the act—working together can help you all grow stronger and more confident.

Courage Plan

Step 2: Choose a goal that matters to you

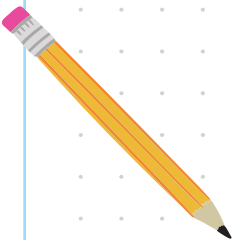
Pick something meaningful that challenges you to grow.

My courageous action is:

Handwriting practice area for the goal statement, consisting of a grid of dots.

Why does this matter to you? How does it connect to your values? How will it help you grow?

Handwriting practice area for the reflection, consisting of a grid of dots.



Step 3: Make a plan

Plan to act, find support, and take care of yourself.

To build lasting confidence, you'll need to prepare, connect with others, and take care of yourself. You'll start by creating a solid plan, then gather supporters and establish your strategies for feeling calm and strong. Remember—almost everyone gets nervous when trying something new, but you'll transform your nerves into energy for action when you put these three elements together:

- 1. Break it down.** Start by breaking your courageous action into manageable steps. Think about what you need to learn and practice. Create a clear timeline for preparation and action. For example, if you want to run for student government, decide which issues are most important to you, map out a timeline, and practice any speeches you'll need to make.
- 2. Find support.** Connect with people who can help you grow stronger. If you feel comfortable, share your goal with friends, family, a coach, or a mentor who can offer encouragement and feedback. Create a confidence circle where you and your friends can practice together and share what works. Remember that even your role models started somewhere—ask what helped them succeed.
- 3. Take care of YOU!** Develop strategies to help you handle nervous feelings and take care of yourself before, during, and after your courageous act. Create your own confidence toolkit with things like:
 - A power playlist of songs that make you feel strong
 - Confidence cards with encouraging messages
 - Breathing exercises or power poses
 - Scenarios of what might happen and how you could respond
 - Personal rituals that help you feel prepared and powerful
 - A reminder of the rewarding feelings or experiences that can come from taking this action!



★ Expect the Unexpected

Girl Scouts try their best to be prepared. What's your backup plan if things don't go as expected? Think through potential challenges and how you'll handle them—you might role-play with your team or write a script for any challenging conversations you want to have.

Courage Plan

Step 3: Make a plan

Plan to act, find support, and take care of yourself.

My action plan:

A large rectangular area with a red border and a decorative top-left and bottom-right corner. The interior is filled with a grid of small dots for writing.

People who can help:

Who can give advice, help you practice, and cheer you on?

A rectangular area with a red border and rounded corners. The interior is filled with a grid of small dots for writing.

How I'll take care of myself:

Include songs, words of encouragement, or anything that makes you feel ready.

A rectangular area with a blue border and rounded corners. The interior is filled with a grid of small dots for writing.

Step 4: Act with courage, confidence, and character

Try, learn, and grow.

This is your moment—it's time to act! Your courageous action might feel exciting and nerve-wracking at the same time. It might not go exactly as planned, and that's okay. What matters is that you're trying something meaningful and important—and through that process, you'll grow. Remember that courage builds over time—it will keep getting easier as you practice. If you feel comfortable, share your experience when you're done. Most importantly, take a moment to celebrate what you've accomplished!

Reflect and Grow

You've explored character, built confidence with others, and acted with courage.
Think about how you've grown as a leader.

- **What worked:** What are you most proud of?
- **What challenged you:** How did you respond and grow past any obstacles?
- **What's different:** How have these experiences changed your understanding of leadership?
- **What's next:** How and when will you use your strengthened courage, confidence, and character in your day-to-day life?

Keep Going!

Now that you've earned this award, you can:

- Keep practicing leadership with other **Leadership Awards**
- Become a **Silver Award Girl Scout**

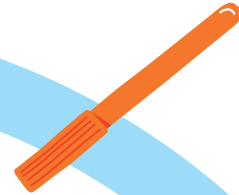
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Cadette Courage Plan

Step 4: Act with courage, confidence, and character

Try, learn, and grow.



Reflect on your courageous moment:

How did it go? How did it feel? What will you do next?

A large, empty rectangular area with a light blue border and a dotted grid pattern, intended for reflection notes.

Reflect & Grow

Take a moment to think about your experience and reflect on...



What worked?

A large rectangular area with a green border, filled with a grid of small dots for writing.



What challenged you?

A large rectangular area with an orange border, filled with a grid of small dots for writing.



What's different?



A large rectangular area with a red border, filled with a grid of small dots for writing.

What's next?



A large rectangular area with a blue border, filled with a grid of small dots for writing.