



True North Award

Is there something you've been wanting to do that takes courage? Maybe you're ready to try something new, have a hard conversation, or show support for what you believe in (even if others disagree). This award is your chance to make it happen—and grow as a leader!

First, think about what matters most to you. Then, build your confidence. Finally, do something courageous—whatever that means for *you*!

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 will have explored what's important to me, built my confidence, and acted with courage.

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 Bronze Award. This award stands strong on its own—and it's a prerequisite for Bronze!



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's most important to you.

Your personal values guide a lot of the decisions you make. Your character grows stronger every time you use your values to make choices. It's like building any skill—the more you practice using your values, the easier it gets. In this first step, you'll think about the values that matter most to you.

Some examples of values are...

- Honesty: knowing when to tell the truth
- Compassion: thinking about others' feelings
- Responsibility: doing what you say you'll do
- Inclusion: helping others feel welcome

If you see someone sitting alone at lunch, your compassion might guide you to ask if you can sit with them. If you're helping to plan a surprise party, you can still value honesty while keeping a fun secret!



Activity ideas:

- **Share stories about values.** Go with family or friends to a place that's peaceful and quiet—you might take a walk or sit in a park. Take this time to learn from your companions about moments when their values helped them make choices. Ask questions like: "What value (or values) did you use?" "How did you know what to do?" "How did it feel afterward?" Share your own examples, too. How do values help you do what's right for you? How can you practice living them more often?
- **Live the Girl Scout Law.** Look closely at the Girl Scout Law and circle words that match your values. Draw, write, or make a chart showing how you practice these values each day. Can you think of values from the Law that you want to work on?

Courage Plan

Step 1: Explore your values

Think about what's most important to you.

Pick three values and draw or write why they're special to you:

Value

Why it's important to me

Step 2: Choose a goal that matters to you

Look at your values and think about how to show them in action.

Now that you know your values and how they help build your character, it's time to find a courageous moment!

Your moment should be something that aligns with your values and is meaningful to you—it doesn't have to seem big to others. You could try out for a new team, ask for help in a subject that's worrying you, or talk to a family member about becoming more independent. You can share your idea with others, or keep it private.

Activity ideas:

- **Create your personal courage map.** Draw or write about different ways you want to show courage in your daily life, and where you'd be when showing it—in school, at home, with friends, or out in your community. Circle the ways that best match your values. Then put a star next to the one you like the most, even if it feels a little scary. That's your courageous moment!
- **Explore courage as a group.** Talk with a small group of family members or friends about the person they admire most and why. What values does that person show in their actions? As you share, talk about where you see common ground in the values you admire, and think of a courageous act you could take as a group. You could volunteer for an organization that represents a shared value, talk to a teacher about starting a new club, or each agree to start a conversation you've been worried about.



Courage Plan

Step 2: Choose a goal that matters to you

Look at your values and think about how to show them in action.

My courageous action is:

A large rectangular area with a green border and a light gray dot grid pattern, intended for writing the courageous action.

*Why does this matter to you?
How does it connect to your values?*

A large rectangular area with a purple border and a light gray dot grid pattern, intended for writing the reflection. A yellow pencil with a pink eraser is positioned at the bottom left corner of this area.

Step 3: Make a plan

Get ready, get your helpers, and get going!

You'll need three important things to get ready for your courageous act: a practice plan, people to help you, and ways to feel calm and strong. When you combine all three, you'll be prepared to act!

1. Break it down. Start by creating a ladder showing exactly what you'll do at each step. Break your big goal into smaller pieces you can practice, then draw or write each piece on the ladder's rungs. For example, if you want to speak up in class more often, you might start by volunteering to answer a question that feels easy to you, then try a harder question the next day.

2. Find your helpers. If you feel comfortable sharing, ask people you trust to support you along the way. This could be a teacher or coach who's good at what you want to try, a family member who can give you tips, or friends who want to role-play with you. Remember—everyone starts at the beginning!

3. Create your confidence kit. Pick special items and actions that help you feel strong and ready. Put together a box with encouraging notes or pictures. Add objects that make you feel brave—maybe a small beloved toy or an award you've received. Practice ways to feel calm, like counting to ten or taking slow breaths. Try these out before your courageous act, and think about how you'll celebrate when you're done!



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

Get ready, get your helpers, and get going!

My practice plan:

How can you prepare for your courageous action?

My helper team:

*Who can teach, help you practice,
and cheer you on?*

My confidence toolkit:

Include anything that makes you feel calm, strong, and ready.

Step 4: Act with courage, confidence, and character

Show yourself what you can do!

You've done the work—you know your values, you've picked your courageous moment, and you've practiced until you feel ready. Now comes the exciting part—it's time to act!

Remember that feeling a little nervous is okay. Use all the preparation and practice that have brought you to this moment. All you have to do is try. The courage is in the action, and it doesn't need to go perfectly. If you want to share, talk about what you did with someone else—you might help them find their courage, too!

Reflect and Grow

You've learned about being courageous, feeling confident, and knowing what matters to you. These are all important qualities in a leader. Think about...

- **What worked:** What made you feel proud of yourself?
- **What challenged you:** How did you work through it?
- **What's different:** In what ways do you feel more like a leader?
- **What's next:** How will you keep feeling confident and true to yourself?



Keep Going!

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

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

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Courage Plan

Step 4: Act with courage, confidence, and character

Show yourself what you can do!

Reflect on your courageous moment:

*How did it go? How did it feel?
What was most helpful along the way?*



A large yellow arch frames a dotted grid for reflection. The grid is composed of small dots arranged in approximately 20 rows and 40 columns. To the left of the arch, there is a pink speech bubble with three horizontal lines, a purple star, and a blue star. To the right, there is a blue speech bubble with a white heart, a pink star, and a yellow pencil with a pink eraser and a sharpened lead tip pointing towards the grid.

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

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