



## Ambassador at Home Bliss: Live It! Give It!

It's Your Story—Tell it

**Bliss, noun: Complete happiness; utter joy or contentment**

In this Journey, you'll have the opportunity to dig into dreams and explore what it takes to transform dreams into reality.

Also, you'll have the opportunity to earn the Dream Maker Award! This means learning to understand how to achieve bliss by helping others and reaching your dreams together.

Step

1

### What you'll need

- A personal notebook, journal, or collection of paper and something to write with.
- Index cards or smaller pieces of paper.
- Tape (blue masking tape doesn't leave residue) and/or glue.
- Paper of any kind (it can be recycled, you just need a blank side).
- Scissors.
- Markers or other writing supplies.
- Other people to talk to (in your house or use technology to talk to friends in their own homes).
- [The Ambassador Bliss Journey book](#) (optional, but highly recommended for the full experience!).

Adapted from *How to Partner with Girl Scout Ambassadors on BLISS: Live It! Give It! It's Your Story—Tell It! A Leadership Journey* by Girl Scouts of the USA, 2010. Designed to support Girl Scouts at Home in Girl Scouts of Western Washington in light of the Coronavirus/Covid-19 Pandemic. Spring 2020.



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Step

2

### Exploring Dreams

In the *Ambassador Bliss Journey* book, check out “Wanted: Dream Seekers” and “Your Ticket to Dreamland” in the *Live It!* side and the Dream Maker Award info on the *Give It!* side.

#### Activity 1

Take some time to write down some of your greatest, wildest, or most outlandish dreams! If you have other Ambassador friends, you might get together on a group phone or webcam call and take turns sharing some of these dreams.

**Journal:** Considering that the theme for this Journey is dreams and how to achieve them, reflect on the dreams you wrote down or that your friends shared. Are they achievable? Was it hard to think of dreams?

#### Activity 2

Using several index cards or smaller pieces of paper, write one *need* per card. Aim for about 7-10 needs, but if you think of more, don't limit yourself to 10. Think about your basic needs,

anything you need to get through each day. Anything from food and water to music and exercise. When you think your list is complete, organize the cards in order of importance, with the most basic needs at the bottom. Now, create an additional card and write “Dreams” on it. Where does this card fit? What do you need in life before you can fulfill a dream? How much importance do you place in dreams? Talk to members of your household or other Girl Scouts about what you came up with and compare differences with them.

#### Activity 3

In your journal/notebook, create a list of “Types of Dreams.” Ask other people about the types of dreams they can think of and reflect on some of the following in your journal:

- Do any of these dreams seem more achievable than others?
- Can you see yourself working towards any of these dreams?
- Is it possible to pursue more than one dream fully?



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3

### More Women, More Dreams

Refer to the *Bliss Journey* book, Chapter 1 of the *Give It!* side “Meet Successful Dreamers.”

#### Activity 1

Reach out to women and other girls you know and ask them about their wildest, greatest, or most outlandish dreams (just like you did in the beginning of the first group of activities). If you're talking to someone older than you, ask them about their dreams when they were your age. Do they have the same dreams today? Take notes on what they share with you—you'll need those for the next activity.

**Journal:** What surprised you about these conversations? What do you think about the range of dreams you heard about? How similar or different were the dreams, person to person?

#### Activity 2

Using some of the paper mentioned on the first page, cut inch-wide strips of paper and write one dream on each piece. These can be your dreams, or the ones of the people you talked to in earlier activities. Create a paper chain or a curtain of these dreams and hang them somewhere (maybe a curtain rod) and consider the interconnectedness of these dreams.

**Journal:** Does this curtain or chain give you even more freedom to dream big?

Can you see yourself coming up with even more dreams or perhaps diving in to take the first step on a dream in the curtain? You probably learned about the great diversity of dreams all around us, what does that leave you with? Does this make you want to hear about more dreams? Do you want to look back at your dreams and dream even bigger?



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### Where Values and Dreams Meet

Refer to the *Bliss Journey* book, *Live It!* Chapter 2 “Values and Standards: Your Springboard to Dreams” and *Give It!* Chapter 1 “Meet Successful Dreamers.”

#### Activity 1

Write down a list of values, ask your friends or household members for ideas as well. Some examples: Equality, Discipline, Integrity, Honesty, Responsibility, among many others. Pick two at a time at random, and identify which one you value more, or which one you act on more often. Why is that? Is it difficult to choose between them? Why do you think it's hard?

#### Activity 2

Magazines, TV, movies, social media, and other media can play a powerful role in shaping and reinforcing values and standards. For this activity, choose a magazine (print or digital, many libraries have electronic magazines available. Visit your local library's website and check their available resources). You are going to perform a survey of this magazine to get an idea of the values being communicated in the publication.

Create a survey sheet for yourself. You might create spaces to keep tallies of the different kinds of ads and how often they

appear. Count the number of pages with editorial content (news, opinion, and images produced by the magazine staff). Keep a record of the subjects or topics addressed beyond fashion and beauty. Does the magazine cover arts and culture? Health and fitness? Travel? Business?

Finally, in your magazine survey, count the number of:

- Women in photos who look like you.
- Women in photos doing something active like kayaking, biking, or tennis.
- Women in photos who are or appear to be working.
- Women whom you would describe as looking “perfect”.
- Articles about women that you are interested in reading.
- Ads that seem to reflect your values or standards in some way.
- Articles that seem to reflect your values or standards.

If you have access to multiple magazine titles, repeat this exercise with other magazines.

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**Journal:** Reflect on this activity. How easy or difficult was it to tell the difference between ads and editorial content and why do you suppose that's the case? If you looked at more than one magazine, which one devoted more editorial space to articles about topics other than beauty and fashion? Did any of these topics interest you? Pick one ad or article that you feel reflects your values and standards and describe how it conveys a positive message. How do magazines set a standard of beauty for women? What ideas do you have for improving these magazines?

### Activity 3

Part of earning the Dream Maker Award involves talking to other people about their

dreams. In the *Bliss Journey* book, the *Give It!* side of the book has great resources for preparing to talk to people about their dreams interview-style. Check out pages 8-13 and make plans for who you'd like to talk to.

### Activity 4

This one is all about reflection. Consider the Girl Scout trefoil: what does that shape mean to you? Think of the peace symbol or the recycling symbol: what kinds of dreams do those represent? Now, think about your own hopes for the world and sketch a symbol for those hopes (you can use the space on page 9 of *Give It!*). With your symbol, write out your innermost dream. Don't be afraid to put it on paper, this is just for you!

Step

5

## Random Acts of Inspiration

Continue referring to Chapter 2 of the *Live It!* side of your *Bliss Journey* book.

Sometimes, we all need some inspiration to fire up our dreams. Right now, our communities need inspiration more than ever before. Consider appropriate social distancing and hygienic practices and leave notes in your neighborhood while you go for a walk. Maybe you use sidewalk chalk to leave messages for other people out walking? Or write notes on small stones?

Or perhaps leave postcards in protected places or mail them to people you know?

Whatever you do, think about these as small gifts of inspiration for your neighbors. Some ideas for things to write: "Your future is only limited by your imagination"; "How is your dream coming along?"; "What have you done for your dreams lately?"; "Got Dreams?" These are just examples, now go leave some inspiration for folks!



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### Fashion Some Passion

Refer to Chapter 3 of the *Live It!* side of the *Bliss Journey* book “The Purpose of Passion” and the Dream Maker Award steps on the *Give It!* side.

#### Activity 1

In your journal, write down some things that you are passionate about right now. Then link your passions to a dream you have for the future.

This is a good time to bring in some other Ambassador Girl Scouts for a conversation about passion. Consider questions as a group like: What do you think your passions say about who you are? What makes a passion a passion? Do you think we consciously choose our passions or do we fall into them? Why did your passions take root in your life? Did someone suggest something to you that led to this passion or did you discover it on your own? Is one way better than the other? Would one offer more bliss?

#### Activity 2

It's time to start making plans for your Dream Maker project. While you've been talking to people about their dreams, was there anyone with a dream you want to “adopt?” This is something you can do with other Ambassador Girl Scouts. As you make your plans, remember that the goal is to help someone else as you Take Action. Consider what is realistic. Right now, we have some restrictions in place that are limiting, but what can be done while respecting social distancing guidelines? How can your plan be flexible as circumstances change? Do you need to do research to understand what's possible right now? (Refer to pages 16-23 of the *Give It!* side of the *Journey* book.)



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### Step 7 Steps Toward the Dream

Refer to “Seek and Select a Dreamer” and “Define the Dream” in the *Give It!* side of the *Journey* book.

Write a mission statement for your Dream Maker project. Then, think about the final step you want your “adopted dreamer” to achieve and write it on one sheet of paper.

Now, work backwards and determine the steps you have to take with your “adopted dreamer” to get them to that final step. This is the time to consider what needs to happen and why.

When you think you have a path drafted, share it with your dreamer and consider making revisions to the steps.

### Step 8 Moving Dreams Forward

Refer to Chapter 5 “Dreaming for Me” of the *Live It!* side of the book and the award steps in the *Give It!* side.

This is the time to put your plan into motion to make your “adopted dream” a reality!

After you’ve followed your plan, it’s time to celebrate! You might need to

get creative once more, but it’s really important to share with others what you learned about how leaders help others achieve their dreams. Consider the things you discovered during this journey, reflect on how you connected to your community, and why it’s important to take action on dreams. How does this experience improved your leadership skills?