

AMBASSADOR BLISS LIVE IT! GIVE IT! JOURNEY AWARD – MEETING 1

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
Define Your Values <ul style="list-style-type: none"> Come up with a list of core values that will help you shape your dreams and goals. 	<input type="checkbox"/> Paper <input type="checkbox"/> Writing utensils
Can I Have Your Intention, Please? <ul style="list-style-type: none"> Learn how intentions can help you achieve your BLISS. 	<input type="checkbox"/> Paper <input type="checkbox"/> Writing utensils
#Goals <ul style="list-style-type: none"> Explore how social media can affect your personal goals. 	<input type="checkbox"/> Phone or computer with internet access
What’s My Motivation? <ul style="list-style-type: none"> Define the “why” for your goals. 	<input type="checkbox"/> Paper <input type="checkbox"/> Writing utensils

Getting Started

- The last step you’ll need to take to earn this award is to help another dreamer achieve (or make progress towards) their personal goal. As you work through the first few steps of this Journey, keep your eyes and ears peeled for potential dreamers in your community whom you can eventually “adopt” and help on their path to BLISS!

Activity #1: Define Your Values

Award Connection: Links to multiple steps

Materials Needed: Paper; writing utensils

- Everyone lives their lives according to a set of standards—whether you realize it or not. Sometimes these standards are rules set by your family (like, be kind to your siblings, do your fair share of chores around the house), and sometimes these are rules you’ve discovered on your own (like, respect is earned, not a given).



2. Your values don't just help shape your dreams and goals—they also influence how you get to that finish line. Most people (and businesses and organizations too!) have about 5 – 7 core values that guide the path they take in life and the decisions they ultimately make.
3. So, what are your values? You might be able to tick them off the top of your head. For others, it might be a little harder. Try this exercise to define your core beliefs:
 - Close your eyes and think back to a moment in your life where you felt really fulfilled, maybe when you thought, “It doesn't get better than this.”
 - Take a few minutes to jot down the scene in detail. Where were you? What were you doing? Who were you with? How did you feel? For example, you might write, “Last summer, I took a trip to the Grand Tetons with my family. I remember how expansive and blue the sky was, and how crisp and clean the air smelled. We had spent the whole day hiking—I didn't have a ton of experience walking for that long, but I pushed myself to keep up with the rest of my family and it felt incredible to get to the peak of the mountain.”
 - Then, think about what values you can pick from this moment. For example, you could conclude, “From my peak moment, I realize that I value: pushing myself, experiencing nature, and spending time with my family.”
4. Optional: Repeat this exercise with another peak moment and see what values you can pick from that experience. Are they the same as the ones you named in the first moment, or different?

Activity #2: Can I Have Your Intention, Please?

Award Connection: Links to multiple steps

Materials Needed: Paper; writing utensils

1. You might have heard the expression “an intentional life” before. But what does that mean? Unlike goals, which are all about outcomes (i.e. did you meet your goal of reading five books this month?), intentions are guides for *how* you want to be in the moment. Intentions help focus and cultivate your attitude and your approach to life, and help you get closer to bliss—even if you end up not achieving specific goals.
2. Your intentions should reflect your values. Keep your intentions short and positive, like “Notice my surroundings,” or “Take chances.”
3. Here are some questions to help you get started in setting your intentions (source: mindfulminutes.com):
 - What matters most to you?
 - What would you like to build or nurture in your life?
 - What would you like to let go of in your life?
 - What word would you like to align your life with?
4. Some examples of intentions: “Practice self-compassion,” “be an active part of my community,” “be true to myself,” and “celebrate small victories”.

Activity #3: #Goals

Award Connection: Step 2 – Do the math and Step 6 – Create your equation and present it

Materials Needed: Phone or computer with internet access

1. Hop onto Instagram and search for the hashtag “goals”. What do you see when you scroll through the pictures? How does looking through the photos make you feel? Do these photos influence the kind of life you want for yourself?
2. If you have an Instagram account, scroll through some photos you've posted on your personal feed lately. Are those pictures accurate representations of your life? Are they mostly happy selfies and pictures of awesome things you've been doing? Are there downsides to a curated life?
3. After you scroll through the photos, take a look at an artist's spin on social media: bit.ly/croppedtoperfection.



4. The photographer, Chompoo Baritone, wanted to show how deceptively perfect these lifestyles on Instagram might actually be. What do you think you'd see if you pulled back the frame on these #goals posts?

Activity #4: What's My Motivation?

Award Connection: Links to multiple steps

Materials Needed: Paper; writing utensils

1. Now that you've built your compass—your personal values and your intentions—it's time to build and develop your dreams. Make a list of a few dreams or goals you hope to achieve.
2. Then, go through the list and make a goal check. What's your motivation behind these goals? Being attuned to the real reason for your goals can be a powerful motivation to helping you achieve those goals.
3. Ask yourself:
 - Is this goal true to my personal values?
 - Why does this goal matter to me?

