

AMBASSADOR BLISS LIVE IT! GIVE IT! JOURNEY AWARD – MEETING 2

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
Letters to My Future Self <ul style="list-style-type: none"> Write two letters to yourself in the future about your current self, and your dreams and hopes. 	<input type="checkbox"/> Stationary <input type="checkbox"/> Envelopes <input type="checkbox"/> Writing utensils <input type="checkbox"/> (Optional) Phone or computer with internet access
Lifestreaming <ul style="list-style-type: none"> Interview different people about their dreams, then create a podcast to share with your friends and family. 	<input type="checkbox"/> AV recording equipment or phone with recording app <input type="checkbox"/> Computer with internet access

Activity #1: Letters to My Future Self

Award Connection: Links to multiple steps

Materials Needed: Stationary; envelopes; writing utensils; (optional) phone or computer with internet access

- Picture yourself 5, 10, 25, 50 years in the future. What do you hope your life will look like at those milestones? Choose two future ages of you to draft letters to. Then, sit down and write letters to your future self.
- Use today’s date to date the letters.
- Write about yourself, now. What do you like to do? What are you hopeful about? Worried about? What do you like about yourself? Want to change?
- Then, write about your future. What predictions do you have about your future self? What are you looking forward to doing at that age? What do you hope to have accomplished at that point in your life?
- Put the letters into separate envelopes, seal them, and mark them on the outside with “Letter to be opened on [Month, Day, Year in the future]”. Then, put them in a safe place until the future!
- Optional: If you’d like, you can also use the website www.futureme.org to write an email to your future self.

Activity #2: Lifestreaming

Award Connection: Step 1 – Meet successful dreamers

Materials Needed: AV recording equipment or phone with recording app; computer with internet access

- For this activity, you’ll need to identify four individuals to interview: someone around your age, someone in their mid-to-late 20s, someone your parents’ age, and someone your grandparents’ age (or older, if you can!).



2. Create a podcast from the interviews you conduct. See if your school has AV equipment you can borrow, or use the recording app on your phone to record your interviews.
3. Before you set out on your interviews, come up with some questions you'd like to ask. StoryCorps, an organization that helps people tell and share stories, is a great resource. They've developed a list of questions to get a good conversation going: storycorps.org/participate/great-questions
4. Also check out Youth Radio for tips and tricks on setting up equipment and recording your interviews: youthradio.org/teach-youth-radio/diy-toolkit-fundamentals-of-field-recording
5. Then, chat with your interview subjects about the dreams they have for their life (or dreams they remember having for themselves when they were your age), and see what stories they have to tell.
6. When you've recorded all your interviews, use an online tool like podomatic.com to mix and edit your podcast.
7. After it's finished, share with your friends and family or troop.

