

# Inner Strength Council Patch Program



We are all bombarded with messages about who we “should” be, but nobody gets to decide that for you. Earning this patch will help you find and celebrate your strengths! The world needs you to be you!  
*If the requirement is starred (\*) then it is a mandatory activity for all age levels.*

## **Discover:**

*Daisies complete 2; Brownies complete 3; Juniors complete 4; Cadettes, Seniors, and Ambassadors complete 5*

- A. Make a list of 10 things you do well.
- B. Ask a loyal friend or family member what they love about you and why. They might see strengths in you that you didn't even know about!
- C. With a trusted adult, go online to [bit.ly/3iK6PaT](http://bit.ly/3iK6PaT) and try their VIA Strength Survey for Children (8-17) to see what science says your strengths are. Note that you'll need to make an account to access the test.
- D. Create a collage with images and words representing who you are and what's important to you.
- E. Research how Photoshopping works and how it is used. Does it change the way we see women? Does it change how you see yourself?
- F. Complete the “What makes me unique?” page online at [bit.ly/3VWTx9r](http://bit.ly/3VWTx9r).
- G. Try something new! Get involved in something you've never tried before. Have you always wanted to try a new sport? Or learn how to play a musical instrument? The possibilities are endless! Explore a new interest and don't be afraid to fail. We don't know if we'll be good at something unless we try!

## **Connect:**

*Daisies complete 1; Brownies complete 2; Juniors complete 3; Cadettes, Seniors, and Ambassadors complete 4*

- A. With your friends, family, or Girl Scouts talk about how women are portrayed in the media. Do you think the portrayal is accurate? Why or why not?
- B. Gather a group of friends and have each person write their name on the top of a blank sheet of paper. After everyone posts their paper around the room, visit each paper and write down which attributes you love about that person. After visiting all the papers, you'll have helped your friends discover their inner strength and you'll have a list of your own that you can look at when you're having trouble remembering your own.
- C. Talk to a trusted adult about who you are and what kind of difference you want to make in the world. This discussion should have absolutely nothing to do with your appearance.
- D. Learn about a woman who was (or is) a leader in her field. What gave her the confidence to work toward her goals? Share what you learned with your friends, family, or Girl Scouts.
- E. Write a letter to your future self. What advice would you give yourself? How would you encourage yourself to work toward your goals and believe in yourself?

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## Take Action:

*Daisies complete 1; Brownies complete 1; Juniors complete 2; Cadettes, Seniors, and Ambassadors complete 2*

- A. Point out the strengths of friends and family members to increase their happiness. As you help others, your own confidence will grow.
- B. For this one, we actually want you to disconnect with the media in order to connect with yourself. Go on a one-week media fast. The media can change how we see ourselves resulting in us being too hard on ourselves. You don't have to give up everything; pick one or two things to give up. Could you stay off social media for a week? Or no TV for a week? Pay attention to how you feel and if the media is impacting how you feel about yourself.
- C. For one week, write down, draw, or record three things that went well each day and why you consider them blessings. This could be in a gratitude journal or in a video or audio recording – choose a format that works for you!
- D. Carry a notebook and pencil with you for a week and make a mark in the notebook every time you think something negative about yourself. For each negative thought, replace it with a positive one. Remind yourself about something you did well, no matter how small. At the end of the week, did your negative thoughts decrease? Keep going until they do! If you ever struggle to think of positive things about yourself, talk to a trusted adult who can help you find your strengths.

