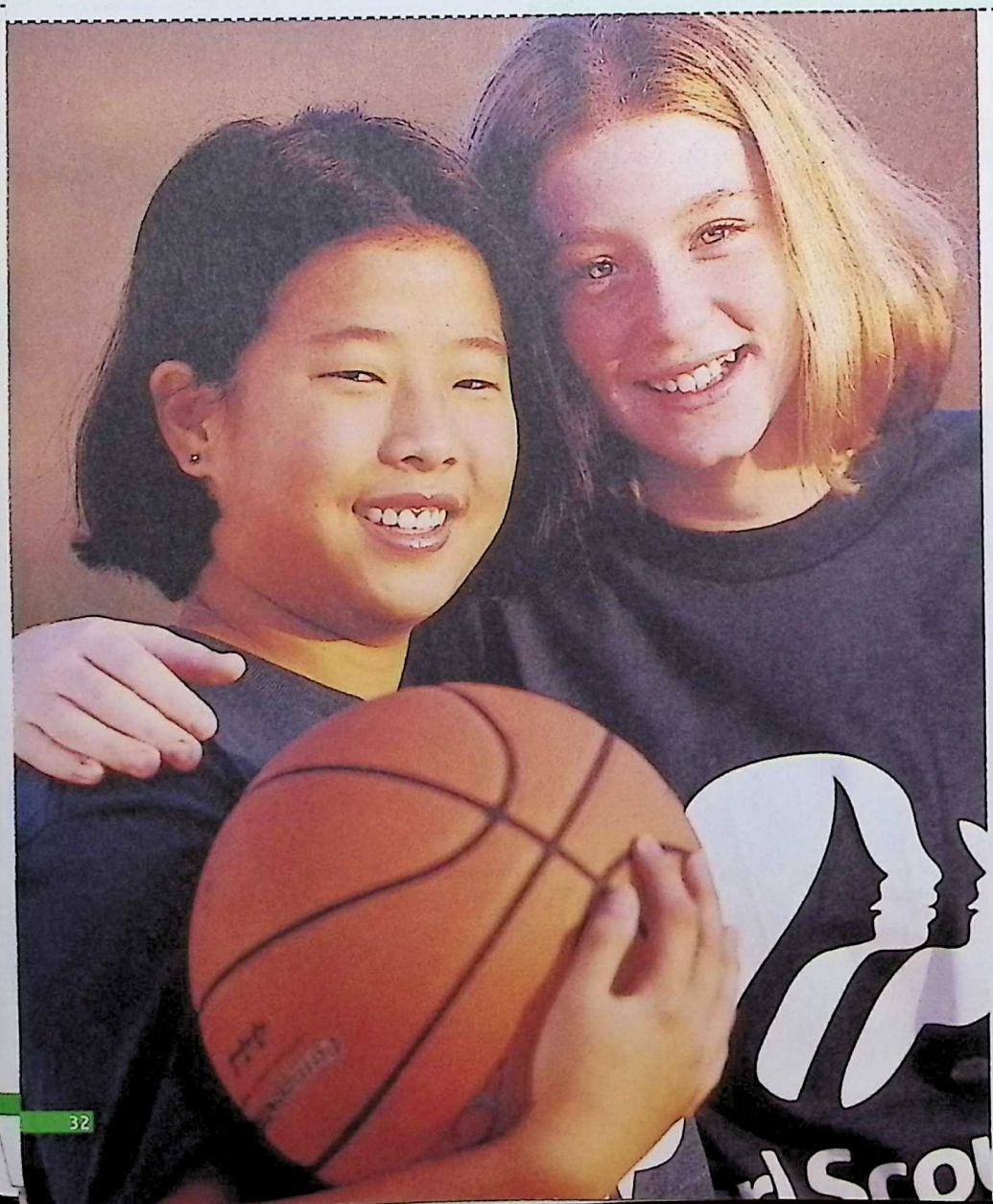
Being My Best

When you have a good opinion of yourself, you take positive risks and avoid negative ones. You make and keep friends, and you're successful in life! Try this badge to build the skills you need for being your best.



1. Set a Goal—and Reach It!

Setting goals and then reaching them boosts your confidence. The best way to reach long-term goals—like improving your grades or saving money for something expensive—is by setting short-term (smaller) goals, such as studying an extra 15 minutes a night or not buying candy after school. Decide on a long-term goal and the short-term goals that will help you reach it.

2. Name Your Talents

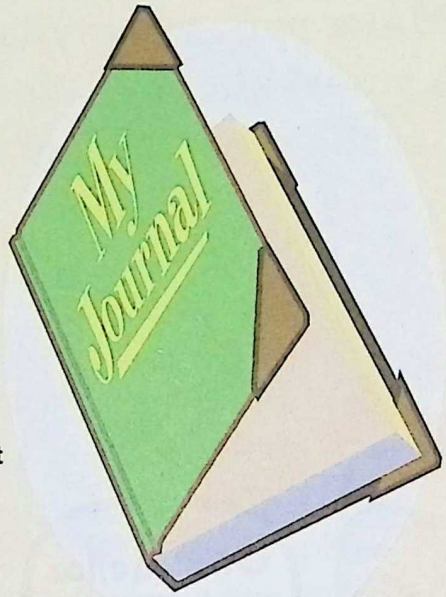
Boost your self-esteem. Become aware of your talents and strengths. Each day for at least one week, make a list that begins: "I am good at . . ." Then list all the things that you have done well that day, even little things like being patient with your younger brother or sister. Put your list in a safe place, such as inside a journal. Having a bad day? Make a list on that day too, and you'll see that even on a bad day, you're still doing a lot of things well.

3. Keep a Journal

Start your own journal—a special book, similar to a diary, in which you can write your thoughts, feelings, and anything else you want. You can be creative and write stories or poems, or draw pictures or cartoons. In your journal, you can be very honest and serious, or you can be happy and silly. Try writing about these topics in your journal:

- What do you like the best about yourself?
- How are you special and different from everybody else?

Write two words that you think each of these people would use to describe you: a neighbor, your best friend, a teacher. Write two words that you would use to describe yourself.



4. Find Role Models

Movies and books contain great heroines with self-confidence. Think about a girl or woman in a book you have read or a movie you have seen. What did she do in the book or movie that showed high self-esteem? What do you admire about her? What positive character traits does she have that you would like to develop? Create your ideal role model.

5. Think Positively

Turn negative thinking into positive thoughts. Come up with ten things that kids often say that are negative. For each item, figure out a way to turn it into a thought or idea that is more positive. Share your list with friends to show them how to take positive actions.

6. Create a "Brag Bag"

With your troop, friends, or family, write positive statements on index cards about each other. Each person should write one positive statement about every person in the group—write one for yourself, too! Collect all the cards that are about you and keep them in a special container. When you are feeling "down," pull out a card and read it.

Brag Bag

You are a fun person to hang out with.

You are a good study mate.

You are great at sports.

You always know what to say to make me feel good.

7. Peer Pressure Role-Play

Giving in to peer pressure means going along with the group so you won't feel different or so others won't make fun of you. Create and act out a situation about kids dealing with peer pressure. With your troop, friends, or family, role-play each situation twice. The first time, have the main character give in to peer pressure. The second time, have the main character resist peer pressure. What are some techniques you can use to resist peer pressure?

8. Feeling Fit to Be Your Best

Read about health and fitness in the "Be Healthy, Be Fit" chapter of your *Junior Girl Scout Handbook*. Pick one activity from those pages and do it.

9. Good Deed

Helping others can help you feel good about yourself. Do a deed for someone else that taps into one of your special skills.

10. Award Night

Hold an awards celebration with your friends or your troop at which every girl wins an "I am great at . . ." award.