

Me and You



Purpose:

Do you have positive relationships in your life? Would you like a more trusting relationship with others? Is your body language more powerful than your words? Learn to communicate better with words and body language!

Requirements:

Juniors: 4 discover, 2 connect, 1 take action

Cadettes: 4 discover, 2 connect, 1 take action

Seniors: 4 discover, 2 connect, 1 take action

Ambassadors: 4 discover, 2 connect, 1 take action

Discover:

1. Go to [True You!](#) and try this activity with your female role model.
2. Try mutual complimenting! With a friend, share five things that you like about one another. This can be physicality, personality, and character traits.
3. Using a camera or phone, take an expedition and capture all the beautiful things you're thankful for in people, places, nature, or anything that inspires you! Create a slideshow or a movie for a feel-good film you can share with others whenever you need a boost.
4. Try learning a new skill from a friend. Repay the favor by teaching your friend something new in return.

Connect:

1. Think about the people in your life—shine the spotlight on them.
 - a. Who are your role models?
 - b. How do they help others feel good about themselves?
 - c. How do they express their own beauty and help others bring out theirs?
 - d. What makes them unique?
 - e. What have these people taught you about developing your own characteristics?
2. Create a "Real Beauty" autograph book for family members or friends. Take pictures of your friends in action; working, playing, talking, laughing, etc. (Or have others contribute photos.) Have your friends sign the pages with messages and comments about what makes each person unique and special. Include pictures, paintings, quotes, or decorations. Give it to your friend for her birthday or as a thank you.

Take Action:

1. Send at least three e-cards to your friends telling them how special they are.
2. Pick a friend or family member you think is beautiful from the inside out. What defines her beyond her looks? Use the following prompts to write her a letter. Shine the spotlight on what makes her unique.
 - a. I think you are...
 - b. If you believe one thing about yourself, know this...
 - c. Without you I could never...
 - d. I hope you love this about yourself...
 - e. Your inner beauty shines through when you...

Now write a letter to yourself using the same prompts. How does it make you feel to say these things to yourself? Do you believe them? Why or why not?