



the **girl** *event*

www.thegirlevent.com

My Vitals

Name _____

Today's Date _____

Date of Birth _____

Place of Birth _____

I dream
of being



The Girl Event **Values**



CHOICE

You choose how your life will go.

INDIVIDUALITY

Embrace difference and individuality.

Highlighting your unique self unlocks your potential and appreciating others' expands your worldview.

RISK

The old adage says, nothing ventured; nothing gained
It is in the unknown where we grow and find our Self.

RESPONSIBILITY

Healthy people own the results in their life. No one else should take the blame or credit for who you are, or who you become.

RESPECT

To most effectively tap into our potential and that of the world, we acknowledge the inherent value of our Self and those around us, from people and animals, to the environment.

My Vitals

A book I recommend is

My favourite author is

My favourite musical artist is

My favourite movie is

An actor I admire is

The song that best reflects me right now is

On my bedroom wall hangs

My favourite form of artistic expression is

My favourite way to dance is

my favourite
song lyrics are



Express yourself

Create something in your life. Whether you invent a cure for cancer, the first Velcro diaper, paint this century's Mona Lisa, or choreograph a new hip hop dance; finding a creative outlet to channel all the individual ideas and feelings that come our way is a great way to define who we are and deal with the challenges we face in life. Putting your unique gifts out in the world by creating something involves a good deal of risk, but what do you have to lose?

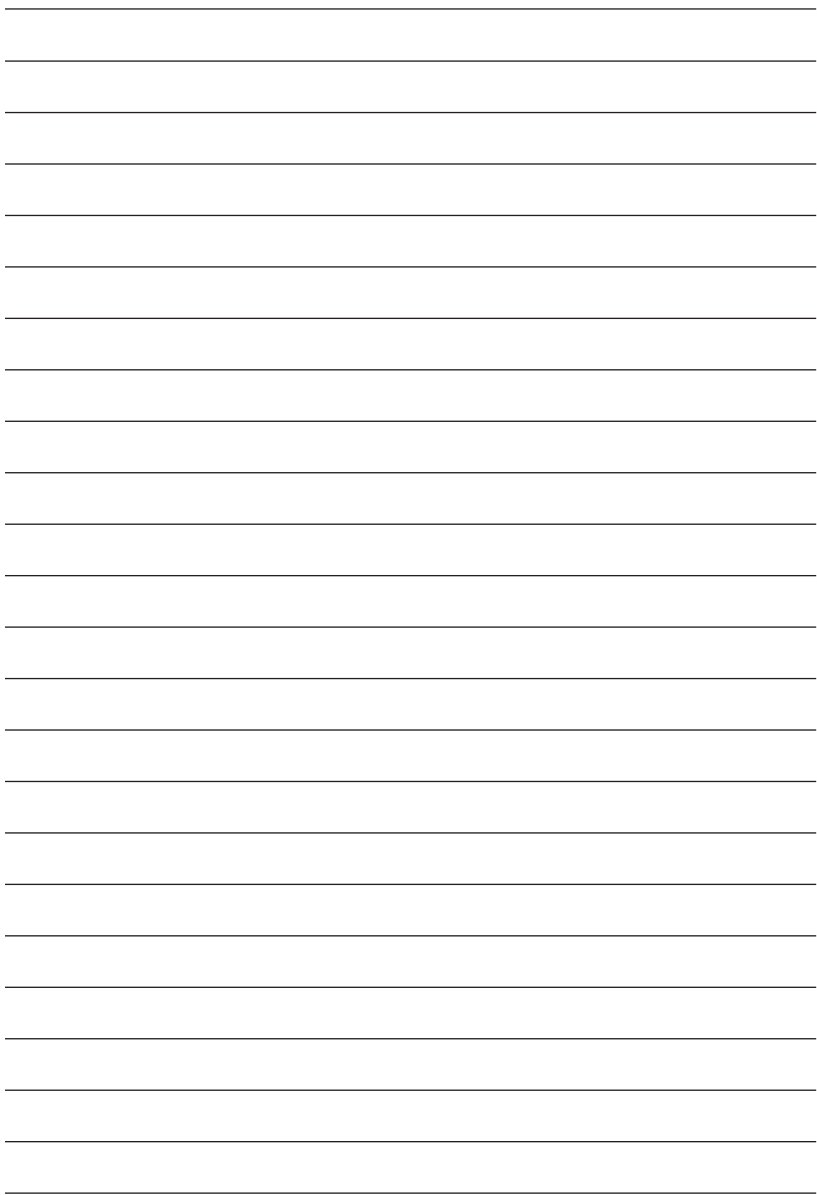
Go ahead.

Let go

and

Express

Yourself



My Vitals

My best friend is _____

My favourite teacher is _____

The person I most admire is _____

I admire them because _____

Most people think I am _____

...really I am _____

In a group I am _____

As a friend I am _____

As a daughter I am _____

As a girlfriend I am _____

I react to compliments by _____

I react to criticism by _____

A good friend is _____

a friend
would never



My Fellow Travelers

We don't make this journey through life alone; nor would we want to. But why can dealing with other people be so difficult at times? My Fellow Travelers will present an interactive forum to discuss relationships in our lives. We'll learn how to communicate better, steer clear of the negative people that slow us down, and instead embrace those who inspire and energize us.

Name

someone

You would like to apologize to _____

You would like to forgive _____

You would like to share something personal with _____

You would like to be closer to _____

Choose one (or more) of these individuals and explain in more detail what you would like to achieve in your relationship with them. Then think of a way to achieve this. Maybe you write them a letter, or call them, or speak to them in person. Maybe you don't tell them at all – instead, you take control of this issue, by deciding how you'll behave differently in the relationship.

My Vitals

My eyes are

My hair is

My personal style is

My body is

My favourite part of my body is

My least favourite is

Exercise is

A healthy body is

The strongest part of my body is

People say
i look like
(this famous person)



My Body my chariot

For something that takes us everywhere we go our whole lives, we can be pretty hard on our body.

Despite all it does for us, we criticize it, abuse it, and we compare it negatively to others'.

My Body My Chariot will challenge us to respect our body, tap into its power, unleash its unique potential and examine the typical notion of beauty!

How much time do you feel comfortable putting into your appearance?

Do you like to experiment?

Do you feel better having one look or lots of different looks?

Do you like to be the centre of attention?
Do you want to stand out or fit in?

Do you like how you look to reflect your mood?

My Vitals

My three best qualities are

Something I need to work on is

A lesson I have learned the hard way is

My most proud moment so far was

An important decision I made this year was

A choice I'd like to make again is

I would like to learn more about

Before I finish High School I would like to

I will make a difference in the world by

i will
be



Leaving your Mark

You've got dreams – admit it. The challenge is figuring out how to get there. One thing is for sure – you are responsible for making that dream a reality, starting today. All of our heroes, whether they are in music, sport, science, or business, start out taking a risk. They admit to themselves and others that they have a dream. Then they make a plan; they make choices along the way and deal with both triumph and defeat. No matter what happens, in the end they get to say they tried. And that, my friend, is a life worth living.

Choose a goal

or ambition you would like to achieve.

My goal is _____

Now create a timeline/roadmap for realizing that dream, outlining key milestones, or challenges you might face along with way. Have fun with this.

Dream Big!

And remember, nothing is set in stone.

My Notes

It is bad enough to think and want the things that your elders want you to think and want, but it is still worse to think and want just like all your contemporaries.

T. S. Eliot



My Notes

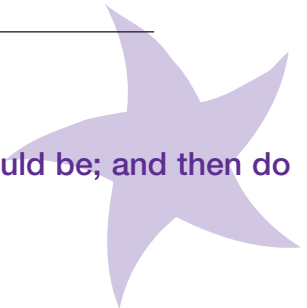


Promote yourself but do not demote another
Israel Salanter

My Notes

First say to yourself what you would be; and then do what you have to do

Epictetus



My Notes

No one can make you feel inferior without your consent

Eleanor Roosevelt



My Notes

Remember, there are no small parts, only small actors

Konstantin Stanislavski



My Notes

Most men lead lives of quiet desperation and go to the grave with the song still in them

Thoreau



My Notes

Every decision we make is a statement of how much we value ourselves

U.S. Army chaplain N. Alden Brown



The Girl Event

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