



## **Bliss: Live It Give It**

On this journey, the Ambassadors have the opportunity to learn the Dream Maker Award, a leadership award that has them exploring the three keys: Discover, Connect, and Take Action! To earn the award, the girls explore Dreams and find a dreamer to assist to make her dream happen.

### **What it means to Ambassadors:**

Girls understand the bliss they can achieve by helping others with their dreams, and they realize that a leader pursues her own dreams and makes it possible for others to do the same.

No matter how Ambassadors travel through this journey, if they complete the 4 Steps the prestigious **Girl Scout Dream Maker Award** is theirs.

### **The 4 Steps to the Dream Maker Award are:**

1. Meet successful dreamers
2. Seek and select a dreamer (or dreamers)
3. Define the dream
4. Give it! Gift it!

Here are some ideas for sample sessions for the **Bliss** journey. They are merely suggestions and are not meant to be the only way to take this journey.

It is extremely important that you let the girls make all of the decisions about how this journey will be earned from planning how to start the journey to making the final plans as to how to receive the **Dream Maker Award**.

This journey encourages the girls to establish a friends, mentors, teachers, and family network so you as the leader will be able to step back and guide rather than lead.

Page numbers in the headings refer to the page the session starts in the adult guide.

Session 1: **Dreaming Along the Road to Bliss** page 28. The Ambassadors explore how wide-ranging dreams can be and how they can shape one's life story. They could:

- Participate in an opening ceremony where they express their wildest dreams
- Explore the **Dream Maker Award** and start planning how they will earn it either alone, in pairs, or as a group

- Customize this journey to their time frames and their interests using the planning pages in the adult guide
- Participate in the 'Of Needs and Dreams' activity on page 34 of the adult guide to determine the order of importance
- Participate in a discussion about types of dreams
- Prepare for the next session inviting one or two women or girls to the next session to talk about their dreams

Session 2: **More Women, More Dreams** page 38. The Ambassadors gain a greater understanding of the diversity of dreams and the dreamers in the world. They could:

- With their guests participate in an opening ceremony similar to the one the girls participated in during session 1
- Participate in the craft project with their guests (page 40 of the adult guide)
- Participate in a group discussion about the diversity of everyone's dreams and talk about women or girls they would like to choose to learn more about their dreams
- Plan for session 3 to bring fashion magazines

Session 3: **Walking the Line** page 44. The Ambassadors explore their core values and how those values inform their lives and their dreams. They could:

- Participate in an opening ceremony about values
- Participate in the Valuing Values exercise on page 46 in the adult guide
- Participate in the 'Line in the Sand' activity
- Fill out the magazine survey for the magazine they brought in and participate in a discussion about their findings
- Create a public service announcement about their magazine findings
- Relate to the group how they are doing in their "Dream Quest"
- Create their symbols of bliss and their innermost dreams to use in the next session

Session 4: **Dream Catchers** page 54. Girls strengthen their understanding of dreams and what it takes to achieve them. They could:

- Using the dream symbols they created last session participate in the Dreams on a Wire activity (page 56 in the adult guide)
- Make inspirational stones and leave them around paths or flower gardens in public places

- Review the tips that make a great **Dream Maker Project** and decide how they will organize their projects
- Report how their interviewing is going and get advice and assistance from the team

Session 5: **Fashion Some Passion** page 60. The girls gain an understanding of how passions and interests drive dreams and fuel their bliss. They could:

- Participate in an opening ceremony where they express their passions and the link that passion has to a dream they have for the future
- Create a Passion Puzzle using the passions and dreams they just expressed
- Decide on their Dreamer(s)
- Participate in an exercise where they learn about negotiations
- Read page 37 in the girl book to learn about passion busters and how to deal with them

Session 6—8: **Stepping Out the Dream** Page 66. The Ambassadors work through Step 3 of the Dream Maker Award (Define the Dream) by finalizing their mission Statement and planning out the steps that move their “adopted dream” forward. They could:

- Decide on a mission statement for their project (pages 24—25 on the ‘Give It’ side of the girl book)
- Participate in the Step by Step activity (pages 68—69 in the adult guide)
- Zero in on their **Dream Maker Project** and move it forward
- Participate in decorating their personal dream mirrors (page 72 in the adult guide)

Session 9: **Moving Dreams Forward** page 74. The Ambassadors move their “adopted dreams” through a step of their plan as they consider the story of their own dreams and plan their celebration. They could:

- Report their progress of their **Dream Maker Project** individually and get assistance if necessary
- Participate in a craft project that symbolizes their dreams and their passions (pages 76—77 in the adult guide)
- Plan their Bliss Bash and invite their Adopted Dreamers
- Prepare their clouds to report on their **Dream Maker Projects** for the Bliss Bash

Session 10: **Bliss Bash** Page 82. The Ambassadors celebrate their **BLISS** journey by assessing what they’ve learned and connecting with those they’ve assisted and all who have assisted them. They could:

- Introduce their adopted dreamers and what they did to earn the **Dream Maker Award**
- Formally ‘gift’ their dream plan to their adopted dreamer
- Receive their **Dream Maker Award**
- Celebrate with whatever refreshments they have decided on

A good **Dream Maker Project** Gives the girls the opportunity to:

- Learn that helping others also helps themselves (and how great that feels)
- See that members of their community have diverse needs
- Expand their networks (that helps them in this project and in life)
- Learn to research and plot out a realistic, step-by-step plan (this helps with just about everything, including college applications)
- Use their talents and skills in new ways

To help customize this journey please visit the GSUSA web site at [www.girlscouts.org/journeys](http://www.girlscouts.org/journeys) where you will find journey maps. Badge Activity Sets and the Girl’s Guide to Girl Scouting are available at your local Girl Scout Shop or to purchase on line at [www.girlscoutnorcal.org/shop](http://www.girlscoutnorcal.org/shop).

