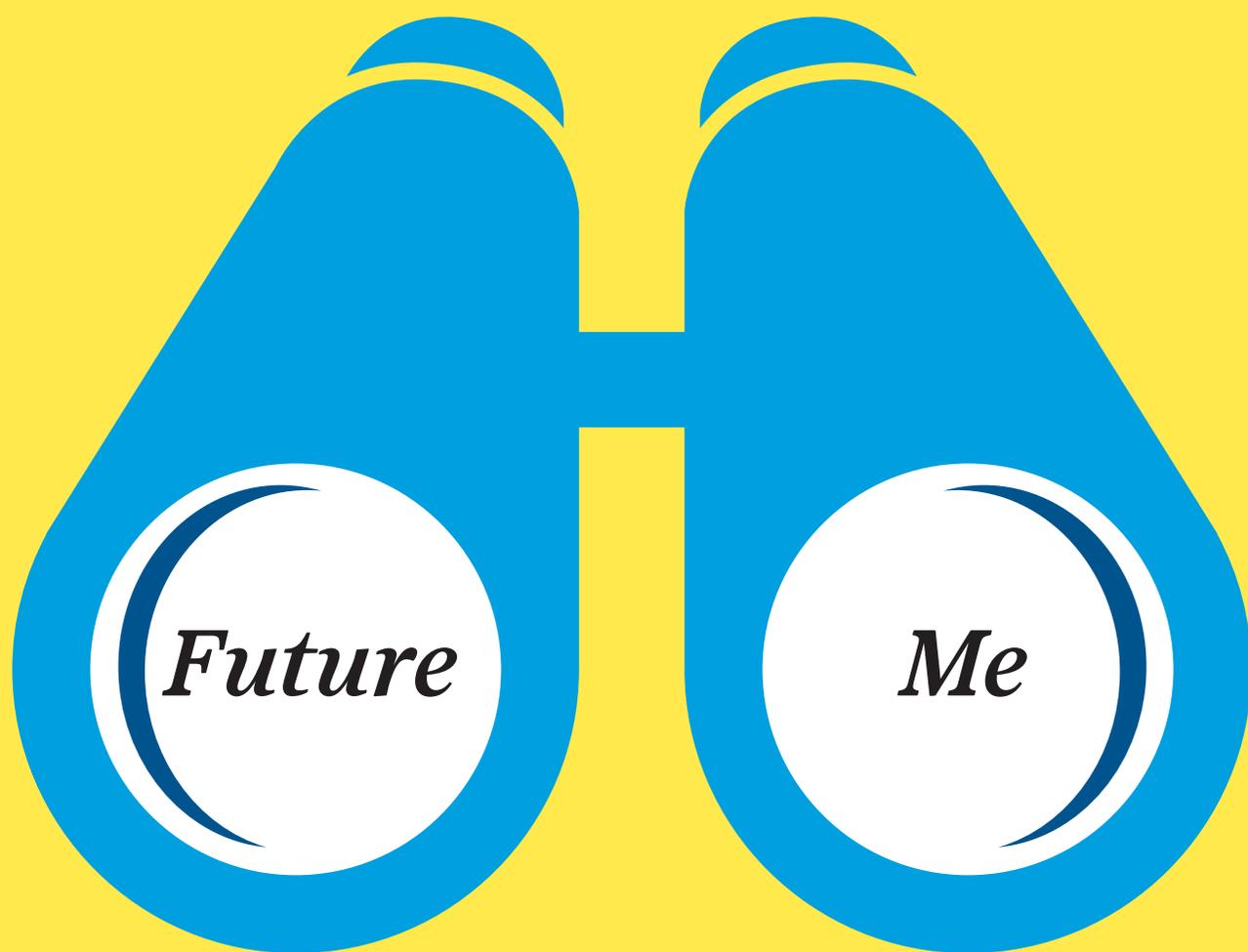


Future Me Patch: Adult Guide

This guide is to help you explore your Girl Scouts' current and future interests so you can be a champion of their ambitions!



1. Reflect on your favorite activities.

Have your Girl Scout(s) sitting at a table or somewhere they can draw or write. For younger Girl Scouts, do not give them the supplies until they can imagine for a moment. You will want them to imagine what activities they love to do and where they like to be. They can complete this on page two of their guide.

SAY:

- I want each of you to think about your favorite activities you like to do, close your eyes, and imagine yourself doing those things.
- How does it feel? Happy? Exciting?
- Now I want you to draw or write about these activities.

Go around the group and ask them to share their favorite activities with you or their troop. Give a chance for Girl Scouts to add to their activities if a Girl Scout mentioned something that they forgot about.

SAY:

- Thank you for sharing your favorite activities. Is there anything similar about your favorite activities? Could you group them together by something?

2. Create your perfect day.

Girl Scouts should be on page four of the guide where they can fill out what their day looks like. The goal of this activity is to get them thinking about having control of their day to day. It will help them in the next step as they think about their adult self.

SAY:

- Look at the activities that you drew or wrote about. We need to space them out throughout your perfect day.
- Look at the chart, we have morning, afternoon, evening, and overnight (explain these terms for younger Girl Scouts) that we can do all these activities. But we have to space them out throughout the day. Don't forget that you need to eat and rest!
- You can either write or draw what you would like to do in each box.

Give them plenty of time to think through this perfect day and record it on the chart. After they complete the chart, have Girl Scouts share out their responses.

SAY:

- Thank you for sharing your perfect day! Make sure to share with your caregivers your plans and maybe someday soon they can help you do some or all these activities.

3. Create your “future me.”

Girl Scouts will be on page five and six of their guide. Depending on their preference, they can either write or draw their “future me”. Encourage them to provide as much detail as possible!

SAY:

- We are going to imagine ourselves in 20 years! That means that you all will be between ____ and ____ years old. You’ll be an adult with your own responsibilities.
- I want you to close your eyes and imagine yourself at ____ years old.
- What does the place you live look like? Where is it in the world? After you have a good picture of that, write about or draw it on your worksheet.

Give Girl Scouts a couple minutes to complete this.

SAY:

- Still imagining your future self, imagine what you look like.
- What type of work do you do?
- What type of activities do you do for fun? Draw a picture of your future you and either draw or write about your job and activities.

Give Girl Scouts at least five minutes to complete this. Encourage them to write a lot of different activities as they will need some ideas for their headband craft.

*If there is time, they can continue to write or draw about what their day looks like as an adult.

4. Wrap-Up

Have Girl Scouts gather around in a friendship circle. Go around the circle and have them share one thing they like thinking about today. Next, have them think about their future self and ask them what is something that they want to share about their future goals with their caregivers. There is an activity that they are being sent home with to help figure out their future career.

For the next troop meeting, we want each Girl Scout to dress up like the career they figured out with their caregiver. We will spend the first part of the meeting trying to guess the careers!

All Girl Scouts who complete the Future Me Patch Program will receive this glow-in-the-dark patch for free!

Affix it to back of her uniform and, even at night, others will know she's on a journey to discover her Future Me.



Future Me patch request form

Do you want a free \$100?

Parents, you can also get \$100 towards you child's CollegeInvest savings account by watching this 30 minute video and submitting the request form.



Which CollegeInvest savings plan is right for you?

Join us in the Google classroom to learn more and receive your \$100

contribution: <https://classroom.google.com/u/0/c/NTQ0Njc2ODA5NDA3?cjc=pahxrca>

You do everything you can to make sure they're ready. Choose a plan that best fits your specific needs. Do it now, before another year passes.

Direct Portfolio

This plan has age-based options that automatically shift allocations from more aggressive to more conservative investments as your child ages. Alternatively, allocations can be set to remain unchanged.

\$25 to open an account; enroll directly on-line at collegeinvest.org.

Stable Value Plus

This plan is designed to protect your principal investment. You are guaranteed to earn a 1.79% rate of return through December 2024. This guaranteed rate is reset every year, but will never drop below 1.5%.

\$25 to open an account; enroll directly on-line at collegeinvest.org.

Smart Choice

This plan is an FDIC-Insured investment option 4. There are two choices: a Money Market Savings and a 1-Year Time Savings Account.

No minimum to open an account; enroll directly on-line at collegeinvest.org.

Scholars Choice

This plan is a comprehensive, professionally managed plan available exclusively through financial professionals. The plan offers a range of enrollment year, target allocation and individual fund investment portfolios.

A financial advisor must enroll you in this plan. CollegeInvest can help you find one.

