



Future Me

“The future belongs to those who believe in the beauty and power of their dreams.”
As Girl Scouts, you know that if they can dream it, they can do it! We want to support Girl Scouts in their exploration of what their future could be and how we can help get them there. In the Future Me patch, Girl Scout Daisies, Brownies, and Juniors explore the possibilities of their future and what steps they can take now to reach their “future me”.

Caregivers can also complete a free training online to learn more about investing in their Girl Scouts “future me” and receive \$100 in their child’s CollegeInvest account.

Access the training here: <https://classroom.google.com/u/0/c/NTQ0Njc2ODA5NDA3>

Request the free Future Me patch:

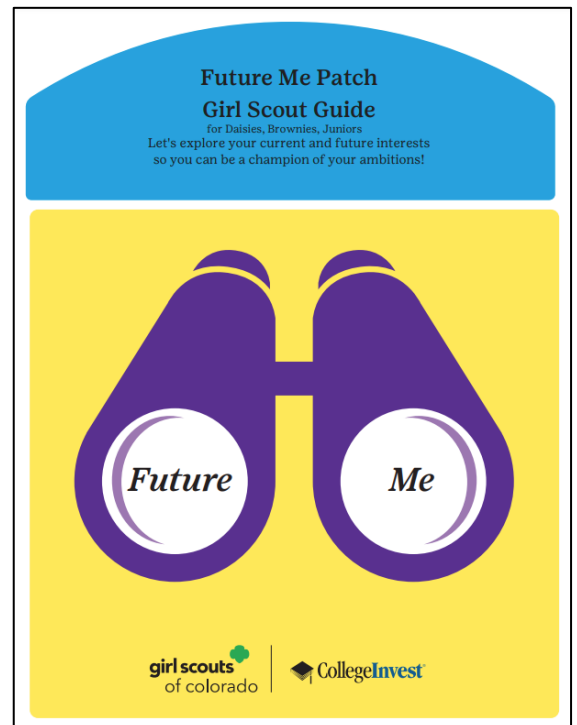
https://gscolorado.formstack.com/forms/future_me_patch_request

Steps:

1. Reflect on your favorite activities.
2. Create your perfect day.
3. Create your “future me.”

Materials:

- [Future Me DBJ Guide, one copy per Girl Scout](#)
- Markers, crayons, or other art supplies
- Pencils or pens
- Paper



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 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!

Email Templates for Caregivers

Hello Caregivers!

We had a wonderful meeting today learning more about your Girl Scouts dreams for their future while we earned the Future Me patch. This patch was created by Girl Scouts of Colorado in partnership with CollegeInvest. Your Girl Scout will be receiving a **FREE glow-in-the-dark Future Me patch** for today's meeting!

Parents, you can also **get \$100 towards you child's CollegeInvest savings account** by completing this training and the request form.

<https://classroom.google.com/u/0/c/NT00Njc2ODA5NDA3>

It was so inspiring to hear what your Girl Scouts were interested in; we want you to capture that as well. We have sent her home with what we worked on and a worksheet to brainstorm what her future career could be and how to start her learning journey now. Please complete that with her at home. **For the next troop meeting, we want Girl Scouts to dress up like one of the careers they identified.**

We also found out about another resource that can help you and your Girl Scout talk about their future. Girl Scouts of Colorado and CollegeInvest have a virtual career exploration series called Inspiring Futures where they bring female professionals in to share about their learning journey and careers. Check out the recordings or register for a live program!

Recordings on YouTube:

<https://www.youtube.com/channel/UCaalsbnoAdvvPNqddd5J83Q>

Live Program Registration:

<https://www.girlscoutsofcolorado.org/en/activities/events.html?q=Inspiring%20Futures>

We can't wait to see your Girl Scouts "Future Me" at the next troop meeting!