

- Go for regular walks.
- Or you might like to make up your own challenge in this area.

**SELF** (✓ the box if you answer yes)

- How do you see yourself?
- A happy person?
  - A serious person?
  - An exciting person?

How do others see you, the same way or differently?

**Challenges**

- Keep a list of books you have read or have had read to you or try a type of book that you do not normally read.
- Keep a journal or write up your diary for at least 1 month.
- Listen to music and decide what type you like best:  
 Pop  Jazz  Classical   
 Indie  Rock  Heavy Metal
- Go to or take part in a live performance (such as theatre, band, choir, dance).
- Attend your place of worship regularly.
- Measure up to “my best”.
- Explore your understanding of the Promise & Law with your Unit.
- Or you might like to make up your own challenge in this area.

**THINGS I HAVE LEARNT ABOUT ME**

On completion of your challenges take a couple of minutes to evaluate your gifts, your talents and your potential. Write them down in the spaces provided, and refer back to them every so often to remind yourself.

**MY GIFTS AND TALENTS ARE:**

**MY INTERESTS ARE:**

**MY DREAM IS TO:**

**IN THE FUTURE I COULD BE:**

*I can be an extraordinary person!*

*No caterpillar was born to crawl  
- deep inside she possesses the gift of flight.*



To be a Guide is to belong to a worldwide family. This family is bound together by Links of Unity, symbols which we all recognise and see being used wherever there is Guiding.

The World Association of Girl Guides and Girl Scouts (WAGGGS – our family) is the largest of all youth female organisations in the world. As such, it has the ability to influence and improve the lives of girls and women throughout many countries.

“10 million girls, 1 voice” is the current WAGGGS tagline which encourages us to speak out, or advocate, on issues we feel strongly about. To do this effectively each of us needs to know ourselves. We need to discover our potential, or work out which special gifts or talents we have and how we can best use them.

Everyone has the potential to go on and do their special job in life, but that potential can only be realised through personal growth and the development of yourself. You can grow your potential by completing challenges based on the four Elements of the Australian Guide Program.

**PEOPLE PRACTICAL PHYSICAL SELF**

Facing life’s challenges will help me grow.  
 Being a Guide will help me grow.

*Just as the very ordinary caterpillar has the potential to grow into the most beautiful butterfly, you have the potential to grow into an extraordinary person.*



**If you are:**

- 5-7 years
- 7-9 years
- 9-12 years
- 12-14 years
- 14-17 years

- complete 1 challenge from each Element
- complete 2 challenges from each Element
- complete 3 challenges from each Element
- complete 3 challenges from each Element
- complete 4 challenges from each Element

## “Discover Your Potential” Badge

The badge for this challenge can be worn once you have completed all required challenges. The badge can be purchased from your Guide Retail outlet. The badge can be worn on your uniform for until 30 April 2009.

You may like to complete the challenges suggested below, or you can design your own challenge. Remember a challenge is learning a new skill or gaining new knowledge, or extending what you already know or can do. Choose your challenges carefully and then discuss them with your Leader. This badge is to be assessed by your Unit and Leader/s.

### PEOPLE (✓ the box if you answer yes)

- Do you get on well with people?
- Do you like working in a group?
- Do you like sharing with friends?
- Are you a good communicator?

If you did not answer yes to any of these questions, then you might like to identify an appropriate challenge from the below list that will help you improve in that area.

### Challenges

- Join or visit a new peer or social group.
- Make some new friends.
- Start a friendship with a Guide from another country (using email or Postbox).
- Plan a party and invite your friends.
- Go to camp, or sleepover at a friend's place.
- Make friends with a girl from another country and learn about her cultural background.
- Take part in public speaking or a debate.
- With an adult, introduce yourself to your neighbours.
- Get to know girls at school or Guides who are from different cultures. Share with them.
- Regularly give service.
- Go to a local council or community group meeting.
- Or you might like to make up your own challenge in this area.

### PRACTICAL (✓ the box if you answer yes)

- Are you a practical person?
- Are you clever with your hands?
- Are you good at time management or organisation?

If you did not answer yes to any of these questions, then you might like to identify an appropriate challenge from the below list that will help you improve in that area.

### Challenges

- Make a useful article for a friend.
- Make a child's toy.
- Mend a puncture and change a tyre on a bike.
- Do a car maintenance course.
- Cook a meal for the family following a recipe.
- Grow some vegetables or flowers.
- Sew on a button or replace a zipper.
- Knit or crochet an article or make something on a sewing machine.
- Bake and decorate a cake, cup cakes or muffins.
- Read a map, timetable or street directory and plan a trip.
- Mow the lawn or weed the garden.
- Look after your pet.
- Make a cubby.
- Babysit for friends.
- Learn a new craft such as woodwork or pottery.
- Make gifts for others.
- Make a posy or learn to arrange flowers.
- Learn how to manage your time better, and put into practice for at least 2 weeks.
- Or you might like to make up your own challenge in this area.

### PHYSICAL (✓ the box if you answer yes)

- Are you a physically active?
- Are you always on the move?
- Do you enjoy being involved in different physical activities?

If you did not answer yes to any of these questions, then you might like to identify an appropriate challenge from the below list that will help you improve in that area.

### Challenges

- Play in a team or competitive sport.
- Do some sessions at a gym or fitness club.
- Participate in a sport or fitness activity over a period of at least 2 months, e.g. netball, athletics, tennis, football, etc.
- Plan your own daily fitness routine and stick to it.
- Assess your current eating habits and eat more healthily.
- Attend dance class.
- Gain a lifesaving qualification or improve your swimming.
- Go boating or sailing.
- Go hiking.
- Try a new adventurous activity.
- Learn to skip.
- Learn to ride a bike or ride a bike to a park.
- Try meditation or yoga.