



Celebrate Gold

Megan Lewis
Liberty, MO



Affirmation Wall

Megan Lewis was a Girl Scout for 13 years as a member of Troop 466 in Service Unit 611. She is currently attending Rockhurst University studying English and Theology.

Megan wanted to address the ongoing challenges that many teens face with mental health by making positive affirmations a part of their school life. She created an affirmation wall that had positive messages in one of the busiest hallways of Kearney High School.

Upon doing research about ways to improve mental health, as well as using her own experiences, Megan found that positive affirmations often had a strong impact on a positive outlook on life. By ensuring students and faculty saw these positive messages every day she hopes that the student body will lead happier and more stress-free lives!

“Because of Girl Scouts... I learned how to be a leader and how to go about accomplishing the goals I set for myself.”