



True North Award

As a Girl Scout, you've probably taken part in awards, badges, or projects that help other people—and that's so important!

But this award is just for *you*. You're going to think about who you are, what matters most to you right now, and what kind of courageous action (big or small) you'd like to take. Maybe you want to have an important or difficult conversation, start a project that could make a difference, or take a bold step toward your future.

Steps

1. Explore your values
2. Choose a goal that matters to you
3. Make a plan
4. Act with courage, confidence, and character

Purpose

When I've earned this award, I'll know how to stay true to myself while pursuing my goals.

Getting Started

Use this guide to help you earn your award. The activity ideas are suggestions—you can create your own, too. At the end of each step, use the Courage Plan worksheet to capture your thoughts. Reflect on your experience in any way you'd like: you might choose to write, take photos or videos, make a visual art piece, or share your thoughts with someone you trust.



Explore leadership and take the first big step toward the Gold Award. This award stands strong on its own—and it's a prerequisite for Gold!



Meeting tools and additional resources for leaders can be found within the Volunteer Toolkit on mygs.org.

Step 1: Explore your values

Think about how you use your values as guideposts when making decisions.



Your character has a lot to do with your beliefs and *core* values. Values are like your ethical code, and your core values are the ones that are most important to you. Some examples of core values are friendship, empathy, and determination.

First, take time to deeply understand your core values and think about how they guide you. What helps you stay true to yourself when faced with expectations, pressure, and setbacks?

Activity ideas:

- **Take photos of your values.** Your values affect your choices and actions. Begin by listing the three to five values that are most important to you—maybe patience, reliability, or trust. Then go on a scavenger hunt for evidence of these values around you. You can find them anywhere: a card in your room showing gratitude, a team at school demonstrating cooperation, artwork on a wall reflecting creativity, social media posts supporting causes you believe in, or even patterns in nature showing harmony. Take pictures along the way and think about what you notice about the values that matter most to you. Do some show up in your life more than others?
- **Interview someone you admire.** Think of someone you know and look up to—maybe a coach, family member, teacher, or friend. When have you seen them show their values and courage? Have a conversation with them to learn more about what they believe in and how they live their values each day. What advice do they have to help you live *your* values even when it feels challenging to do so?

Courage Plan

Step 1: Explore your values

Think about how you use your values as guideposts when making decisions.

My core values (what matters most to me):

Value

How I show this value in my life

Step 2: Choose a goal that matters to you

Look at your values and think about how to emphasize them.

Courage can look like many things—speaking up when it matters, taking on challenges, or advocating for positive change. Courage isn't just about big, bold moves, or trying something totally new—it's about taking meaningful action toward what matters to you, even when doing so feels hard.

Choose an act of courage that makes you a little nervous but excited—like applying for a dream opportunity, having an important conversation, making a major decision about your future, or expressing yourself in a new way. Let your values guide your path, whether you're pursuing personal goals or advocating for others. You can share your goal with others, or keep it private.



Activity ideas:

- **Identify a personal goal.** Think about different areas of your life where you want to show courage, such as in your creative pursuits, academics, relationships, or community engagement. What goals do you have, and why do they matter to you? How do they align with your values? Choose one goal that feels both challenging and meaningful.
- **Team up around a group value.** Connect with a few friends or family members and find your common ground. Share what matters to each of you, including your values, strengths, challenges, and goals for the future. Discover what you have in common, then choose a courageous goal to work toward together! You could prepare for life after high school, create a new club, or bring your shared values to life another way.

Courage Plan

Step 2: Choose a goal that matters to you

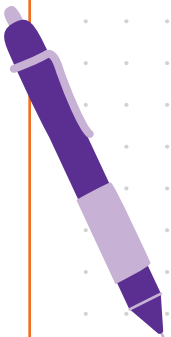
Look at your values and think about how to emphasize them.

My courageous action is:

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Why does this matter to you? How does it connect to your values? How will it help you grow?

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Step 3: Make a plan

Plan to act, build meaningful connections, and take care of yourself.

When you develop trust in yourself and your abilities, you build confidence—which can help you share your ideas and work through challenges. Confidence comes from preparing thoroughly while knowing you can handle whatever situations arise.

Now, create your courage plan. You'll need to:

- 1. Break it down.** Break your goal into smaller steps to make it more manageable. For example, if you want to apply for a job or school, you may need to research the requirements, create or update your resume, and apply.
- 2. Find support.** If you feel comfortable sharing, build a personal team! Include people who can help in different ways: some for building skills, others for emotional support, and some for honest feedback. They could be teachers, family, friends, or others who can guide and encourage you. Share your goals and be open to their suggestions. Consider connecting with others working on similar goals—support makes everyone stronger!
- 3. Take care of YOU!** Even with confidence, it takes courage to act. Develop strategies to help you handle nervous feelings and take care of yourself before, during, and after your courageous act. Create your own confidence toolkit with things like:
 - A playlist of songs that make you feel strong
 - Positive self-talk cards with encouraging messages
 - Ideas for breathing exercises, guided meditations, or power poses
 - Scenarios of what might happen and how you could respond
 - Personal rituals that help you feel prepared and powerful
 - Reminders of the rewarding feelings or experiences that can come from taking this action!



Expect the Unexpected

Girl Scouts try their best to be prepared. What's your backup plan if things don't go as expected? Think through potential challenges and how you'll handle them—you might role-play with your team or write a script for any challenging conversations you want to have.

Courage Plan

Step 3: Make a plan

Plan to act, build meaningful connections, and take care of yourself.

My action plan:

My support team:

Who believes in you, can give advice, or help you practice?

How I'll take care of myself:

Include ideas to help you feel prepared, things to do when you're stressed, and ways to recharge.

Step 4: Act with courage, confidence, and character

Make a move toward your future.

Now it's time to act with courage. Your courageous act might feel intense or emotional, and it might not go exactly as planned. That's okay! Making your move is courageous, regardless of the outcome. The goal isn't perfection—it's being true to yourself while taking this important step.

As you act, know that this is just the start—it takes many actions and time to build your future, and it won't be a straight line! Celebrate each marker along the way by reflecting, documenting, and sharing what you've done with others. You never know what you'll learn or who you might inspire along the way.

Reflect and Grow

You've developed your character and demonstrated courage. Reflect on how this experience helped you grow as a leader.

- **What worked:** What are you most proud of?
- **What challenged you:** How did you respond and grow past any obstacles?
- **What's different:** How have these experiences changed your understanding of leadership?
- **What's next:** How and when will you use your strengthened courage, confidence, and character in your day-to-day life?



Keep Going!

Now that you've earned this award, you can:

- Keep practicing leadership with other [Leadership Awards](#)
- Become a [Gold Award Girl Scout](#)

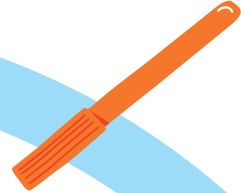
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Courage Plan

Step 4: Act with courage, confidence, and character

Make a move toward your future.



Reflect on your courageous moment:

How did it go? How did it feel? What will you do next?

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Reflect & Grow

Take a moment to think about your experience and reflect on...



What worked?

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What challenged you?

Grid of dots for writing.



What's different?



Grid of dots for writing.

What's next?



Grid of dots for writing.