



CANDIDATE GUIDE

Updated 2024

CAMP FIRE: A HISTORY OF

thriving

**FOR MORE THAN 100 YEARS, CAMP FIRE HAS BEEN A
LEADER IN YOUTH DEVELOPMENT.**

We got our start as Camp Fire Girls in 1910, founded by husband-and-wife team Dr. Luther Halsey Gulick and Charlotte Vetter Gulick. The Gulicks believed girls deserved the same kind of outdoor learning experiences as boys and they wanted to help “guide young people on their journey to self-discovery.”

What’s kept us thriving all these years? Our commitment to diversity and inclusion, our focus on incorporating youth voice and innovative research into all we do; and our intentional effort to reflect, evolve, and meet the needs of families.

Today, we have affiliates across the country offering a range of clubs, camps, and out-of-school experiences for young people. We focus on connecting young people to the outdoors, to others, and to themselves so that everyone may thrive.





STATEMENT OF INCLUSION

Camp Fire believes in the dignity and the intrinsic worth of every human being. We welcome, affirm, and support young people and adults of all abilities and disabilities, experiences, races, ethnicities, socio-economic backgrounds, sexual orientations, gender identities and expressions, religion and non-religion, citizenship and immigration status, and any other category people use to define themselves or others. We strive to create safe and inclusive environments that celebrate diversity and foster positive relationships.



LANGUAGE STATEMENT

Back in 1910, when Camp Fire was first getting started, co-founder Charlotte Gulick identified three core values that she hoped to cultivate in her campers: Work, Health, and Love.

She referred to this trio as WoHeLo, a word she invented by uniting the first two letters of work, health, and love. Although WoHeLo was never a real word, it was meant to evoke the languages of Native and Indigenous people.

For over a century, using language either taken directly from or "in the style" of Native and Indigenous languages was a regular practice in Camp Fire. However, it also came at a time when Native and Indigenous people could be punished for speaking their own languages. We now understand that the use of appropriated words and customs was, and is, harmful to Native American and Indigenous communities, regardless of intent.

CAMP FIRE IS DEDICATED TO DISMANTLING CULTURALLY APPROPRIATIVE PRACTICES ACROSS ITS NETWORK, WHICH IS WHY WE NO LONGER USE WOHELO. INSTEAD, WE CALL EACH WORD BY ITS FULL NAME, AS WE CONTINUE TO HONOR THE VALUES THAT SERVE AS PATHWAYS TO CONNECTION AND THRIVING: WORK, HEALTH, AND LOVE.



TABLE OF CONTENTS

AWARD REQUIREMENTS

History of Thriving.....	2
Statement Page.....	3
Introduction.....	6
In Good Company.....	7
Letter from Maggie Bailey.....	8
Overview & History.....	9
Eligibility & Timeline.....	10
Safety Considerations	11
Behavior Expectations	12
Visual Outline & Helpful Hint.....	13
Requirements.....	14
Reflection.....	16
The 3 Guidebooks.....	17

GETTING STARTED.....18

First Steps.....	18
Choose an Advisor.....	19
Declaration of Intent	20
Planning.....	22

INNER-EXPLORATIONS.....22

Planning.....	22
Inner-Explorations Overview.....	23
Documenting Your Work.....	24
Work.....	25
Health.....	33
Love.....	37

ADVOCACY PROJECTS.....47

Introduction & Requirements.....	47
Steps & Mission.....	48
Guided Reflection.....	49
Skills & Goals.....	50
Planning Strategies.....	51
Helpful Hints.....	53
Advocacy Planning.....	54
Planner Template.....	55



TABLE OF CONTENTS

FINAL STEPS.....	56
Crossing the Finish Line.....	56
Reflection Requirements.....	56
Declaration of Completion.....	57
Celebrate!.....	58
 SPECIAL THANKS.....	 59

INTRODUCTION TO THE WORK HEALTH LOVE AWARD



Welcome to the Work Health Love Award Candidate Guide. In this booklet, you'll find out what it takes to achieve the Work Health Love Award. But first, what is the Work Health Love Award? And why is it such a big deal?

The Work Health Love Award is the highest achievement for youth in Camp Fire. This prestigious award is open to teens in grades 9-12, and offers opportunities for personal development, leadership, and advocacy.

The award is earned by completing several intensive and highly individualized projects known as Advocacy and Inner-Explorations. Work Health Love recipients design their projects based on personal interests, values, and goals.

Here are just a few examples of the self-directed projects Work Health Love Award candidates have undertaken in recent years, based on their personal interests and passions (also known as Sparks):

- 1. DEVELOPED AND IMPLEMENTED AN OUTDOOR SKILLS WORKSHOP FOR CAMP FIRE YOUTH**
- 2. PERFORMED A SERIES OF CULTURAL HULA DANCES AT AN AREA SENIOR CENTER**
- 3. STARTED A LOCAL MATH CLUB**
- 4. ORGANIZED A FUNDRAISER FOR A MISSION TRIP TO SOUTH AMERICA**
- 5. CO-CHAIRLED AND ORGANIZED A CAMP FIRE STARFLIGHT ADVENTURE WEEKEND**
- 6. SERVED AS A CAMP FIRE DAY CAMP DRAMA SPECIALIST**

Earning your Work Health Love Award isn't just the next step along your Camp Fire journey. It's a culmination of your skills and knowledge, and a chance to showcase your strengths and interests. Completing the requirements takes hard work, motivation, creativity, and discipline. Are you up for the challenge?

IN GOOD COMPANY

"CAMP FIRE HAS HELPED ME CONNECT WITH NATURE IN WAYS I NEVER THOUGHT POSSIBLE, CAMP FIRE HAS TAUGHT ME LESSONS I WOULD HAVE NEVER KNOWN, AND CAMP FIRE HAS BROUGHT ME RELATIONSHIPS THAT WILL LAST A LIFETIME. CAMP FIRE IS TRULY A WAY OF LIFE."

*Jessica Dunn, 2016 Work Health Love Award Recipient
Camp Fire Central Coast of California*



*Asa Nugent, 2018 Work
Health Love Recipient,
Camp Fire Patuxent*



"DEFINITELY GO FOR IT. IT TEACHES YOU WHAT YOU CAN DO AND THE POWER YOU REALLY HAVE."

*Nikki McCann, 2019 Work Health Love Award recipient,
Camp Fire Heart of California (pictured above with
recipients Madeline McNeil and Isabella Magos).*



"DON'T GIVE UP, MAKE YOUR GOALS ATTAINABLE, AND CELEBRATE EACH GOAL THAT YOU MEET."

*Barbara Moravec, 1993 Work Health Love Recipient,
Camp Fire Mt. Hood affiliate*



"EARNING MY [WORK HEALTH LOVE] WAS THE HARDEST, SCARIEST, AND BEST THING I'VE EVER DONE. I ATTRIBUTE MUCH OF THE PERSON I AM TODAY TO CAMP FIRE AND THE [WORK HEALTH LOVE] PROGRAM. IT CHALLENGED ME TO BE MORE THAN WHO I WAS AND TO BE BRAVE, CONFIDENT AND OUTSPOKEN."

*TracyLee Clairmont, 2013 Work Health Love Award Recipient,
Camp Fire Central Puget Sound*

LETTER FROM MAGGIE BAILEY

2018 WORK HEALTH LOVE AWARD RECIPIENT

I was introduced to Camp Fire through my mom. My mom was a Bluebird and was eager for me to share some of the same values and experiences she received from participating in Camp Fire. She started a club when I was three years old at my school, allowing me to learn basic human skills that aren't generally taught in a classroom. Personally, it was the crafts, field trips, and bonding with my friends that made me want to continue my journey at that age.

Always looking up to older members, watching how they achieved so much while continuing their Camp Fire journey, and some achieving their [Work Health Love] Award, inspired me to want to work on my [Work Health Love] award too.

As I began working on my [Work Health Love] project, I realized that my Spark of serving others aligned with my Advocacy Projects. Because I loved what I was doing and the direction I took my project, it didn't seem like work. At times the self-reflections were overwhelming, but it was necessary to see all the time and hard work I was putting into my project. It became a part of my identity in understanding my real values and beliefs.

After presenting my finished product to my advisors, I felt such a sense of accomplishment because this was my first large project that expressed my true self. When I received my [Work Health Love] Medallion from my Leader, who is my loving Mom, my journey in Camp Fire became full circle. This was so special because I made so many people so proud, including myself.

Although working on a [Work Health Love] project seems like a daunting task at times, myself and many others can attest that it is worth some of the hardships that you will face. My advice is to read the material and choose activities where you have interest. It is so important to ask questions, be involved, and have confidence in your abilities.



Maggie Bailey
Camp Fire Inland Northwest Alum
Camp Fire Work Health Love Recipient 2018
Camp Fire National Youth Advisory Cabinet



OVERVIEW & HISTORY

Work, Health, Love. These are values that have been central to Camp Fire since our founding in 1910. The Work Health Love Award is the highest achievement for youth in Camp Fire. Open to teens in grades 9 through 12, this prestigious award offers young people opportunities for personal development, leadership, and advocacy. Candidates commit, contribute, and create.

The award is earned by completing an intensive and highly individualized program, based on personal interests, values, and goals. Completing the many steps and projects needed to earn the Work Health Love Award requires hard work, motivation, creativity, and discipline. The Work Health Love Award demonstrates perseverance and growth, the ability to set and achieve goals, and dedication to community service.

THE AWARD

There are **THREE COMPONENTS** that make up the Work Health Love Award. Youth must fulfill the requirements in each category to be eligible to receive the award.

THE THREE COMPONENTS ARE:

1. **CAMP FIRE HISTORY**
2. **INNER-EXPLORATIONS**
3. **ADVOCACY**

In addition, there is a final **REFLECTION**. The Reflection is an essential part of the Work Health Love Award. It is an opportunity to consider your thoughts, emotions, mistakes, and successes. It is a chance to look back on what you've experienced; review how it went; and document all you have learned. It's also your chance to share and showcase the substance of your work. The Reflection is where you consider the meaning of the Work Health Love experience and where you share your discoveries with others.

ELIGIBILITY & TIMELINE

This section explains who is eligible to work toward the Work Health Love Award and the approximate time required for completion.

ANYONE IN GRADES 9-12 MAY BEGIN WORKING TOWARD THE WORK HEALTH LOVE AWARD.

YOU ARE NOT REQUIRED TO HAVE PARTICIPATED IN CAMP FIRE BEFORE BEGINNING THE WORK HEALTH LOVE AWARD.

ACTIVITIES ARE EXPECTED TO BE COMPLETED INDIVIDUALLY.

But that doesn't mean you have to go it entirely alone! In addition to working with an Advisor, you can contact your local affiliate to find out if there are other people working toward their award with whom you can share ideas and encouragement.

IT IS RECOMMENDED THAT YOU COMPLETE THE REQUIREMENTS BEFORE YOU GRADUATE FROM HIGH SCHOOL SO THAT YOU CAN ADD YOUR ACHIEVEMENT TO COLLEGE AND JOB APPLICATIONS.

MOST CANDIDATES FIND THAT THE PROCESS TAKES ABOUT THREE YEARS.

Candidates may choose to begin in 9th grade and end in 11th grade; or begin in 9th grade and end in 12th grade. (Candidates may opt to take up to four years if they choose.)

HERE IS ONE EXAMPLE OF HOW A 3-YEAR PLAN COULD LOOK:

YEAR ONE

Learn Camp Fire's history, complete the Work Inner-Explorations for 10 points, and complete the first Advocacy project.



YEAR TWO

Complete the Health Inner-Explorations for 10 points, and complete the second Advocacy project.



YEAR THREE

Complete the Love Inner-Explorations for 10 points, and the final Advocacy project.

SAFETY CONSIDERATIONS

Because you will be working independently on your Work Love Health Award, there are several safety considerations to keep in mind:

TRANSPORTATION

Some activities require transportation to and from various local venues. If you have a legal driver's license and access to a car, be sure to follow all state driving laws and requirements while traveling to and from activities. If you are under your state's legal driving age and/or do not have a legal driver's license or access to a car, you will need to find alternative transportation options. In either case, include your parent/guardian in transportation decisions.

PARTICIPATING IN COMMUNITY ACTIVITIES

Some activities involve participating in short- or long-term community activities. Follow all participation guidelines required by that entity and ensure that a parent/guardian knows and approves your participation.

ADVISOR RELATIONSHIP

Your Advisor has specific instructions on how and when to communicate with you; please do not try to contact your Advisor outside of the approved methods.

WAIVER/RELEASE

All participants should sign a waiver/release releasing Camp Fire from liability while working towards your Work Health Love Award. If you are under 18, your parent/guardian will sign the waiver. If you turn 18 while completing your Work Health Love Award, you will need to sign the waiver/release.

TURNING 18

You may still work on your Work Health Love Award after you turn 18; however, all award requirements must be completed before you graduate from high school.

If you feel uncomfortable or unsafe in any situation, immediately stop participating and leave the venue. Call 911 if you are in immediate danger. Report the incident to a parent/guardian, your Advisor, or your local Camp Fire organization. You may also report any concerns to Camp Fire National Headquarters at: <https://campfire.org/incident-reporting/>.

BEHAVIOR EXPECTATIONS

As you work towards your Work Health Love Award, you will be representing Camp Fire throughout the duration of your participation. As such, the following are some behavior expectations Camp Fire has when you are completing your activities out in your community. Your affiliate may have additional expectations and guidelines.

APPROPRIATE ATTIRE

Clothing with vulgar language, obscene gestures, racial slurs, or anything that contributes to a hostile environment or would be considered inappropriate in a Camp Fire program should not be worn. Appropriate tops and bottoms should be worn.

APPROPRIATE LANGUAGE

Vulgar language, including swearing, name-calling or shouting/yelling at others should not be used.

ALCOHOL, TOBACCO, AND DRUGS

Participants should not show up to community activities under the influence nor should they engage in the use of alcohol, tobacco, and illicit drugs during activities.

APPROPRIATE CONDUCT

Participants should not engage in any other inappropriate, threatening, or offensive conduct while representing Camp Fire.

Participants should follow the above expectations when posting on social media about their involvement with Camp Fire, while wearing Camp Fire apparel in pictures, or when sharing photos of their Work Health Love Award progress.

VISUAL OUTLINE OF THE WORK HEALTH LOVE JOURNEY

HELPFUL HINTS

Compile several accordion folders, boxes, binders, and/or clear a couple of shelves for your Work Health Love documentation.

Label them with the names of your Inner-Explorations and Advocacy projects.

Do the same thing on your computer, by creating digital folders.

Put any documentation or content that you create into these folders so that you can keep track of them.

This will make putting together your final Reflection much easier and will give you a sense of accomplishment as you see how much you're achieving!

SUBMIT YOUR
DECLARATION OF
INTENT



CAMP FIRE HISTORY
(and affiliate history if required)



YEAR 1

Work: 10 points
Advocacy #1



YEAR 2

Health: 10 points
Advocacy #2



YEAR 3

Love: 10 points
Advocacy #3



SUBMIT
REFLECTION &
DOCUMENTATION.
CELEBRATE!



WORK HEALTH LOVE AWARD REQUIREMENTS

In the past, Camp Fire affiliates set their own requirements for the Work Health Love Award. Today, the requirements have been standardized across the Camp Fire network. This ensures that expectations, processes, and evaluations are based on the same criteria. That said, affiliates may set their own history requirements in addition to the Camp Fire history requirement outlined below.

As we have stated, there are 3 components that make up the Work Health Love Award. These are discussed in more detail below. There is also a Reflection, which is explained in more detail on the following pages. The three components are: **CAMP FIRE HISTORY, INNER-EXPLORATIONS, AND ADVOCACY.**

1. CAMP FIRE HISTORY

Candidates must learn about the history and values of Camp Fire as a national organization by completing the following Learning Lab courses:

 **CAMP FIRE HISTORY AND VISION**

 **THE CAMP FIRE JOURNEY: THRIVING THROUGH CONNECTION**

 **CULTURAL APPROPRIATION AND CAMP FIRE**

To access these courses, it will be necessary to register on Camp Fire's Learning Lab. Advisors or affiliate staff can assist you with this process.

Each course takes about 1-2 hours to complete, and you can go at your own pace.

If these Camp Fire courses do not meet your specific learning requirements, please let your affiliate know so that accommodation can be arranged.

Affiliates should also contact the national office so that the courses can be adjusted for greater accessibility going forward.

2. INNER-EXPLORATIONS

Inner-Explorations are a series of activities that have been designed to align to the principles of:

● **WORK**

● **HEALTH**

● **LOVE**

- EACH ACTIVITY HAS A POINT VALUE. WITHIN EACH SECTION, YOU MUST COMPLETE THE ACTIVITIES THAT MOST INTEREST YOU UNTIL THEY TOTAL 10 POINTS.
- SOME INNER-EXPLORATIONS TAKE SEVERAL WEEKS TO COMPLETE. THESE REQUIRE MORE EFFORT AND ARE WORTH MORE POINTS.
- SOME INNER-EXPLORATIONS TAKE LESS EFFORT AND ARE WORTH FEWER POINTS.
- BECAUSE THERE ARE 3 INNER-EXPLORATIONS, YOU WILL EARN 30 POINTS IN ALL.

3. ADVOCACY

Plan and implement **THREE ADVOCACY PROJECTS.** these service-learning projects are an opportunity for you to lead, teach, serve, and speak out on a topic of your choice.

FOR EACH ADVOCACY PROJECT, YOUTH WILL:

- FOR EACH ADVOCACY PROJECT, YOU WILL SELECT A SOCIAL ISSUE THAT IS MEANINGFUL TO YOU.
- YOU WILL THEN WRITE A MISSION STATEMENT.
- FINALLY, YOU WILL IMPLEMENT AT LEAST ONE ACTION PLAN TO ADDRESS THE ISSUE.

THE REFLECTION

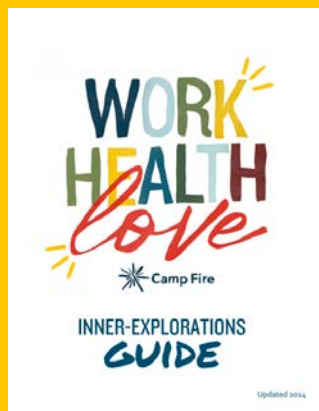
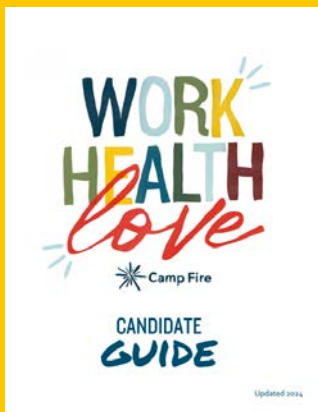
You are required to submit a final Reflection at the end of your Work Health Love journey. The reflection should showcase your work through documentation and include thoughts on what you've learned. The process of reflection is one of Camp Fire's most effective practices to deepen and solidify learning. Being able to look back on your experience and reflect on successes, challenges, and areas of growth is an important skill.

Your Reflection can be in the medium of your choice: you can create a digital presentation, a binder filled with evidence of your work, a scrapbook with pictures and journal entries, a unique display of your Camp Fire emblems, or something else entirely. It's up to you to choose how to tell the story of your Work Health Love experience. Your Reflection should be personal, meaningful, and fun to create!

THE 3 GUIDEBOOKS

**THERE ARE THREE
GUIDEBOOKS DESIGNED
TO SUPPORT THE WORK
HEALTH LOVE AWARD:**

-  The Work Health Love Candidate Guide
-  The Work Health Love Inner-Explorations Guide
-  The Work Health Love Advisor & Affiliate Guide



WORK HEALTH LOVE CANDIDATE GUIDE

The Work Health Love Candidate Guide (the one you're reading right now) is your one-stop-shop for all resources related to eligibility, requirements, and timeline. It provides an overview of the Inner-Exploration activities and where to go for more information. You'll find resources related to the Advocacy Projects, including tips and tricks to brainstorming, planning, facilitating, and reflecting. It has templates for your Declaration of Intent, Declaration of Completion, and a Project Planning sheet.

INNER-EXPLORATIONS GUIDE

The Inner-Explorations Guide has all the information you need to complete your Inner-Exploration requirements. There are lesson plans to follow for each activity and a handy graph to track your progress.

WORK HEALTH LOVE ADVISOR & AFFILIATE GUIDE

The Work Health Love Advisor and Affiliate Guide has information for your Advisor and local Camp Fire affiliate so that they can support you along the way.

FIRST STEPS

Once you've completed these steps you may begin exploring Camp Fire's History, planning your Advocacy Projects, and starting your Inner-Explorations!

BEFORE YOU JUMP IN, THERE ARE A FEW THINGS YOU SHOULD DO TO GET READY:

 READ THE ENTIRETY OF THIS WORK HEALTH LOVE GUIDEBOOK.

You'll want to know what's expected before you start so you can make a plan that works for you.

 SELECT YOUR ADVISOR.

This is the adult who will answer your questions, check on your process, and support you through the tough spots. You can read more about Advisors on the next page.

 SUBMIT YOUR DECLARATION OF INTENT.

This makes it official. The Declaration of Intent is a document that details the Advocacy Projects you're interested in, the Advisor you've chosen, your timeline, and your personal mission statement.

 ONCE YOU'VE COMPLETED THESE STEPS, YOU MAY BEGIN EXPLORING CAMP FIRE'S HISTORY, PLANNING YOUR ADVOCACY PROJECTS, AND STARTING YOUR INNER-EXPLORATIONS!

CHOOSE YOUR WORK HEALTH LOVE ADVISOR

One of the first things you should do when deciding to pursue your Work Health Love Award is select an advisor who will help guide you on your journey. Your advisor should be someone that knows you and is familiar with the award requirements. Many advisors have been Work Health Love Award recipients themselves

YOU SHOULD MEET WITH YOUR ADVISOR BEFORE YOU BEGIN YOUR WORK AND THEN AIM TO MEET THROUGHOUT THE PROCESS. YOUR ADVISOR CAN GIVE YOU GUIDANCE, ANSWER QUESTIONS, CONNECT YOU WITH PEOPLE AND RESOURCES TO HELP, AND CHECK YOUR WORK AS IT IS COMPLETED.

While it's not required, many Work Health Love recipients will have greater success by choosing an advisor who has prior experience working with Work Health Love candidates and who understands the process. Even if you choose someone outside of Camp Fire, you should make sure your advisor is someone you can connect with throughout the experience and with whom you feel safe and comfortable.

"I HAD AN ADVISOR THAT I REALLY ENJOYED SPENDING TIME WITH, SO I LOOKED FORWARD TO OUR CHECK-IN MEETINGS. SHE HAD ALSO ADVISED SEVERAL PEOPLE IN THE PAST, SO SHE WAS REALLY FAMILIAR WITH THE PROCESS AND ABLE TO PROVIDE A LOT OF TIPS."

McKenzie Napier, 2019 National Youth Advisory Cabinet Chair and Work Health Love Recipient

TIPS:

Relationships can be tricky. Working with an advisor is no different. Here are some useful tips to make the experience the best it can be for all involved.

- Understand your roles. Is it your advisor's job to make sure you're documenting your work? Are they supposed to tell you when things are due? Understanding your role, and theirs, will make the process smoother for everyone.
- Ask for guidance. Share your thoughts and worries! You are not alone on this journey.
- Listen to their advice, consider what they have to say, and take their expertise seriously. There's a reason having an advisor is a Work Health Love requirement!

DECLARATION OF INTENT

The Declaration of Intent is the formal notification to your local Camp Fire affiliate that you are beginning to work on your Work Health Love Award. Filing this declaration is important for the affiliate staff, so they know who the incoming candidates are. The Declaration of Intent is equally important for you, so that you understand the work ahead of you. Here is what is required in your declaration:

AWARD YEAR

The Award Year is the year in which you expect you'll receive the Work Health Love Award. Remember that it takes an average of three years to work through the requirements. The year you receive the award will not be the same year you begin the process. (You will not be held to this timeframe if things change.)

MISSION STATEMENT

Why do you want to work toward your Work Health Love Award? If you haven't asked yourself this yet, now is the time. Be sure to write a mission statement that explains your goals and what you hope to accomplish.

ADVOCACY TOPIC

This is where you will write down three topics you plan to address in your Advocacy Projects. Writing down a particular issue doesn't bind you to it—this is just to let your affiliate know your intended plans. These topics can be broad (e.g., people who are unhoused) or specific (e.g., a hygiene supplies drive). Check out the Advocacy Project section in this guidebook for ideas.

ADVISOR'S NAME

While it is best that your advisor be connected to Camp Fire, your advisor can also be a different adult in your life who will offer support throughout your journey and make sure you're on the right path.

PARENT OR GUARDIAN SIGNATURE

While it is best that your advisor be connected to Camp Fire, your advisor can also be a different adult in your life who will offer support throughout your journey and make sure you're on the right path.



DECLARATION OF INTENT

[CLICK
HERE TO
DOWNLOAD
FILLABLE
FORM](#)

NAME:

AWARD YEAR:

CAMP FIRE AFFILIATE:

EMAIL:

PHONE NUMBER:

SCHOOL:

GRADE:

MISSION STATEMENT:

ADVOCACY TOPIC:

ADVISOR INFORMATION:

NAME:

EMAIL:

PHONE NUMBER:

APPLICANT SIGNATURE:

DATE:

PARENT/GUARDIAN SIGNATURE:

DATE:

ADVISOR SIGNATURE:

DATE:



PLANNING

While there are strict requirements to earning your Work Health Love Award, there are many paths you can take to achieve them. It's important to create a plan to keep you on track. Take some time to plan out what these next few years will look like. Consider which Inner-Exploration activities you want to tackle, what topics to explore in your Advocacy Projects, and when you are available to do so.

"THE MOST IMPORTANT THING IS COMING UP WITH A CONCRETE PLAN AND TIMELINE SO THAT YOU DON'T HAVE TO STRESS ABOUT WHETHER OR NOT YOU'RE ON TRACK TO FINISHING."

*McKenzie Napier, Work Health Love Recipient
from Camp Fire Central Oregon*

IT IS RECOMMENDED THAT YOU CREATE A DETAILED PLANNING CHART.

This process, known as project planning, can come in many forms – you can use websites dedicated to project planning, monthly planners, apps, or you can create your own.

TIPS:

BE SPECIFIC:

The more detailed your plan the better. Add things like goals, dates, times, and documentation methods.

SPORTS, CLUBS, JOBS, OTHER COMMITMENTS:

Create your planning chart to reflect the times when you have other obligations. Do you play a sport for a season? You may need to plan your Advocacy project for a different season. On the other hand, if you're going to be working at camp for the summer, you could plan an Advocacy Project that takes place at camp.

HEADS UP:

Always consider who you would need to contact in advance, how far in advance to make contact, and what information they would need to know!

WHO CAN HELP?

List people in your life who can support you. This doesn't mean that they'll do the work. But they can help you brainstorm ideas, get a foot in the door, and more.

INNER-EXPLORATIONS

There are three Inner-Exploration categories, named after the three components of this award:

WORK, HEALTH, AND LOVE.

Within each of these categories, there are a range of activities.

- Each activity has an assigned point value (1 to 5) depending on the degree of difficulty, level of commitment, or length of time it will take.
- Candidates must earn 10 points within each Inner-Exploration. (You can refer to the points system at the bottom of the page for a general idea of how the values are determined.)
- On the following pages there is a short summary of each Inner-Exploration activity along with the page number in the Inner-Explorations Guide where you will find the full, one-page lesson plan.
- Please refer to the complete lesson plan in the Inner-Explorations Guide before starting!
- Inner-Explorations can be completed in any order. Most candidates choose to begin with Work, but that is not mandatory. Take your time and read through every activity in all three sections before deciding where to start.

HINT #1

It will be easier to keep track of your work and your points if you tackle one Inner-Exploration at a time. In other words, decide if you want to begin with Work, Health, or Love. If you choose Work, complete all of your chosen Work activities until they total ten points. Then proceed to Health or Love.

HINT #2

Track every activity, adding up the points along the way. Remember, you will eventually need to submit documentation that shows the proof and substance of your work. This will be much easier if you document as you go!

ONE POINT:

USUALLY TAKES ONE HOUR OR LESS TO COMPLETE. LITTLE TO NO PREPARATION REQUIRED.

THREE POINTS:

MORE TIME NEEDED (APPROX. 3-10 HOURS). REQUIRES A PLAN

FIVE POINTS:

LARGE TIME COMMITMENT (OVER 25 HOURS). REQUIRES A PLAN AND GOAL SETTING

DOCUMENTING YOUR WORK

Documentation is an important part of your Work Health Love Award. With each Inner-Exploration activity you choose, you must find a way to document and reflect on your experience.

Each Inner-Exploration activity includes reflection questions, which you'll find in the Inner-Explorations Guide. You should make sure you answer at least one reflection question following each activity. Some lesson plans include added tips for how to document the activity. Pay attention to those as well.

Your documentation will be reviewed by the Work Health Love Advisory Committee before you receive your award. Remember, you do not want to have to revisit an activity a year or two later and discover you have no notes, reflections, or other evidence that you completed the requirements.

Some activities are easier to document than others — for example, if you choose to create a self-portrait for the Health Inner-Exploration, you can easily include the portrait in your scrapbook, PowerPoint, or other Reflection medium.

Other activities are more difficult to document — for example, if you choose to serve as a coach or tutor, it can be harder to capture what you do. However, there are still ways you can document your experience. For example, you can take pictures, record notes or lesson plans, or interview the people you coach.

How you choose to document your work is up to you. Just remember that your award will largely be based on the strength of your documentation. It is in your best interest to take it seriously and strive to accurately display all your hard work and efforts!

"DON'T WAIT UNTIL THE END TO REFLECT, YOU WILL FORGET MUCH OF THE EMOTION AND THOUGHTS OF YOUR EXPERIENCES."

Maggie Bailey, 2018 Work Health Love Recipient

work!

This section features activities designed to support the development of work skills. This includes learning new things, setting goals, making plans, managing deadlines, and finding success through practice and persistence. (Remember that work can also include mistakes and resets!)

You must earn 10 points in the Work Inner-Exploration by completing the activities of your choice. Record the activity, date completed, point value, and take notes on your experience. Fill out the chart below or create your own to track your progress.

The following pages provide a brief overview of the activities, including the page number in the Inner-Explorations Guide where you can find more information. Please refer to the Inner-Explorations Guide before starting!

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ACTIVITY	DATE COMPLETED	POINTS

CIVIC ENGAGEMENT

Volunteer	Page 9	1-3 points
Volunteer for a special event/project, or at an organization of your choice (1 point per hour; 3 points maximum).		

Call a Representative	Page 10	1 point
Identify a local issue that matters to you and contact a local representative to express your concern.		

Comparing Sources	Page 11	3 points
Compare the way a particular topic or issue is reported in various media.		

Craft an Issue Statement	Page 12	3 points
Write a one-page statement about an issue you are passionate about.		

CIVIC ENGAGEMENT

Educating Yourself, Educating Others	Page 13	2 points
Educate yourself about a social or political issue that interests you.		

Online Civic Action	Page 14	1 point
Post a question or poll on your social media account about a current event. Collect and repost analytical responses.		

The Right to Petition	Page 15	2-4 points
Research the right to petition! Learn more about the history and policies surrounding petitions and find an existing petition online that supports a cause that's important to you.		

Community Service Organization	Page 16	5 points
Participate in a community service organization for one year. Examples include the National Honor Society, local food shelters, church groups, family support centers, etc.		

LEADERSHIP

Facilitate a Debate	Page 17	2 points
Choose a topic and invite friends and family to debate it, taking opposing positions. Moderate the debate and determine a winner.		

Organize a Fundraiser	Page 18	5 points
Plan an event to support a cause and invite family and friends and members of the community to take part and donate.		

Run for a Leadership Position	Page 19	4 points
Identify a position that you would like to hold in your school or community and run a campaign for the role.		

Leadership Quiz	Page 20	1 point
Complete a quiz on leadership styles. Discuss the results with your Advisor.		

LEADERSHIP

Community Leader	Page 21	2 points
Research or interview a respected community leader. Learn about their path to leadership and what makes them a successful leader.		
Camp Leadership	Page 22	3-5 points
Complete a Counselor-In-Training (CIT) or similar camp leadership program. 3 points = 2 weeks, 4 points = 3 weeks, 5 points = 4 or more weeks.		
Leadership as a Coach or Tutor	Page 23	2-5 points
Commit to serve as a coach or tutor for several consecutive sessions or practices. 1 week = 5-7 sessions. 2 points = 1 week, 3 points = 2 weeks, 4 points = 3 weeks and 5 points = 4 or more weeks.		
Student Leadership	Page 24	5 points
Take a leadership role on a committee or student body affiliate for a one-year commitment.		

APPROACHES TO LEARNING

Learning Styles	Page 25	1 point
Take an online quiz determining your learning style and consider ways you can use this information in your approaches to learning.		

Growth Mindset	Page 26	1 point
Watch curated YouTube videos about growth mindset and reflect on times when your mindset helped you out in a situation.		

Dear Diary	Page 27	2 points
Write (or draw) in a journal every day for a month.		

SMART Goals	Page 28	1 point
Research SMART goal setting and write three goals.		

CAMP FIRE JOURNEY

#CampFireJourney	Page 29	2 points
Explore the Camp Fire Program Framework (called the Camp Fire Journey) and reflect on your personal Camp Fire experience.		

Campfire.org	Page 30	1 point
Visit the Camp Fire website to learn more about Camp Fire's mission.		

Careers at Camp Fire	Page 31	3 points
Interview or shadow a staff member at Camp Fire to learn about their job.		

Connection at Camp Fire	Page 32	3 points
Review the Camp Fire goal of connecting to self, the outdoors, and others and reflect about one or more of these connections in your own life.		

LIFE AFTER HIGH SCHOOL

Resume Building	Page 33	2 points
Learn how to write your own resume.		

The Cover Letter	Page 34	1 point
Write a sample cover letter introducing yourself to prospective employers.		

Career Quiz	Page 35	1 point
Take a couple of online quizzes to see which career fields match your interests.		

College Visit	Page 36	2-3 points
Tour a college, university, or other post high school program that you're interested in attending. 2 points = 1 tour, 3 points = 2 or more tours		

health!

This section features activities related to health. Don't worry, no one will ask you to run a mile (though you can if you want to)! Instead, the focus is on overall wellbeing. You will delve into mental, emotional, and social health. You will also explore physical health and see how spending time outdoors can support mind-body connection.

You must earn 10 points in the Health Inner-Exploration by completing the activities of your choice. Record the activity, date completed, point value and take notes on your experience. Fill out the charts below (or create your own) to track your progress.

The following pages provide a brief overview of the activities, including where in the Inner-Explorations Guide you can find more detailed information. Please refer to the Inner-Explorations Guide before starting!

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ACTIVITY	DATE COMPLETED	POINTS

WELLBEING

Mood Tracker	Page 38	2 points
Track your moods for a full week and reflect on your emotions throughout the day.		

Meditation	Page 39	2 points
Download an app or find a guided meditation on YouTube and/or the internet and practice meditating daily for a week.		

Coping Box	Page 40	1 point
Create a box filled with stress-relieving and relaxing items or practices that you can use when you feel anxious or stressed.		

Online Boundaries	Page 41	1 point
Develop practices that can protect your mental and emotional wellbeing while going online or engaging with social media.		

WELLBEING

Be There Certificate	Page 42	3 points
Complete <u>The Be There Certificate</u> . This is a free, online course that increases mental health literacy and shows friends and family how to provide mental health support to loved ones.		
The 5 Golden Rules	Page 43	4 points
As a continuation of the Be There Certificate, create a video or slide presentation that explains the Five Golden Rules.		
Mental Health Matters	Page 44	1 point
Visit <u>Active Minds</u> or <u>TeensHealth</u> to learn more about issues in teen mental health.		
Psychology Class	Page 45	5 points
Take a semester-long psychology class at school.		

PHYSICAL HEALTH

Movement Class	Page 46	3-4 points
Take a fitness, dance, or self-defense class that interests you. 3 points = less than 2 months, 4 points = more than 2 months.		

Body Acceptance	Page 47	1 point
Watch curated YouTube videos or check out library books on body acceptance and write your own body acceptance mantra.		

Meal Planning	Page 48	1-2 points
Plan a healthy meal. For an extra point, prepare the meal and share it with others!		

Participate in a Sport	Page 49	5 points
Play a club or sport for a full season (this can include martial arts and dance). Participate in all practices, games, or competitions.		

MIND-BODY CONNECTION

Water and Me	Page 50	1 point
Commit to drinking 64 oz (about 8 glasses) of water daily for one week. Record your intake and document how you feel.		

Outdoor Play	Page 51	1 point
Play like a little kid again! Blow bubbles, fly a kite, build a sandcastle, or make a mudpie. Find fun ways to play outside!		

Your Vestibular Sense	Page 52	2 points
Spend 4 weeks trying to improve your physical balance (also called your vestibular sense). Test yourself; set goals for improvement.		

Sleep... zzzzz	Page 53	4 points
Develop an effective bedtime routine that helps you get good sleep (at least 8-10 hours) for a minimum of 8 weeks.		

ENVIRONMENTAL CONNECTION

Leave No Trace	Page 54	1 point
Visit the Leave No Trace website and learn about the 7 Principles of Leave No Trace and why they're important.		

Reciprocity in the Natural World	Page 55	2 points
Take the Camp Fire Learning Lab course, Reciprocity in the Natural World.		

Visit a Park!	Page 56	2-3 points
Visit a national park, state park, or a local park (one with trails) in the company of family or friends. 2 points = 1 park, 3 points = 2 different parks		

Sustainable Goals	Page 57	3 points
Set short-term and long-term goals to be more sustainable in your home.		

ENVIRONMENTAL CONNECTION

Plan a Camping Trip	Page 58	2-4 points
Locate a campground near you, then plan a camping trip! 2 points = planning the camping trip. 4 points = if you go.		

Bird Watching	Page 59	2 points
Go outside and observe local birds. Learn to identify 1-3 birds you don't already know.		

Grow a Garden	Page 60	5 points
Grow a garden over several months. This could be a container garden, an herb garden, a window garden, or other.		

Environmental Education	Page 61	5 points
Take an environmental education class at your high school, through a local nature center, or online.		



This section is all about love! By that, we're really talking about Connection. By connection, we're talking about knowing yourself and others more deeply. You will be challenged to figure out what makes you uniquely you. You will determine your personal interests and passions (your Sparks). You will explore ways to strengthen your relationships with others, whether they're friends, family, or romantic partners.

You must earn 10 points in the Love Inner-Exploration by completing the activities of your choice. Record the activity, date completed, point value and take notes on your experience. Fill out the charts below (or create your own) to track your progress.

The following pages provide a brief overview of the activities within the Love Inner-Exploration, including where in the Inner-Explorations Guide you can find more detailed information. Please refer to the Inner-Explorations Guide before starting!

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ACTIVITY	DATE COMPLETED	POINTS

POSITIVE IDENTITY

Self-Portrait	Page 63	3 points
Use a form of artistic expression to explore your own identity. Examples include a short story, poetry, a scene from a play, an art installation, self-portraits, or music compositions. Share your finished work with others.		

What's In a Name?	Page 64	2 points
Research the origin and meaning of your name. This can be a name you were given, or a name you have chosen for yourself.		

Self-Collage	Page 65	1 point
Make a collage of words and images that represent you.		

Self-Compassion	Page 66	2 points
Visit the website, Self-Compassion , test your level of self-compassion, and complete one of the site's self-compassion exercises.		

POSITIVE IDENTITY

5-Year-old Me	Page 67	1 point
----------------------	---------	---------

Find a picture of yourself when you were younger and write a list of positive comments directed to your 5-year-old self.

Tell Your Story	Page 68	2 points
------------------------	---------	----------

Everyone has a story. Learn how others are telling theirs and try your hand at writing your own.

Shared Identity	Page 69	3 points
------------------------	---------	----------

Research a famous person you admire who holds a similar identity to yours (age, race, gender identity, ethnicity, ability, culture, etc.). Create a presentation about them.

The Gender Unicorn	Page 70	1 point
---------------------------	---------	---------

Learn more about gender identity and sexual orientation by researching the Gender Unicorn.

MY RELATIONSHIPS

Defining Family	Page 71	1 point
In this activity, you will develop a definition of “family” that reflects what family means to you. For a bonus point, you can create a piece of art that showcases your definition.		

Care for a Pet	Page 72	2 points
If you have a pet at home, document the daily love and care you provide. If you don't have a pet, interview someone you know about how they take care of their pet, and spend time assisting them.		

Couples through the Ages	Page 73	3 points
Talk to couples who have been together for a varying amount of time (less than a year, 10 years, more than 25 years) to gain insight into partnerships.		

Love is Respect	Page 74	1 point
Explore the website, Love is Respect , and complete a KWL chart (What I Know, What I Want to Know, What I Learned)		

MY RELATIONSHIPS

Cultural Cooking	Page 75	2-3 points
Explore your personal and/or family's cultural heritage and cook a recipe to share with others. For a bonus point, host a cultural potluck, with each guest bringing their own cultural heritage dish.		
Thank You for Teaching Me	Page 76	1 point
Write a note to a former teacher, thanking them for something they taught you.		
Thank You for Supporting Me	Page 77	1 point
Write a note to a family member or caring adult, thanking them for something they did to support you.		
#TBT	Page 78	2 points
Go through family photographs and recreate an old photo.		

MY COMMUNITY

Mapping my Community	Page 79	2 points
Create a community map and define what community means to you.		

Day in the Life Video	Page 80	3 points
Create a 1-minute video highlighting a “day in the life” of a person or place in your community.		

Photojournalism	Page 81	3 points
Create a collection of photos about your community to tell a story.		

Community Event	Page 82	3 points
Volunteer at a local community event such as a fair, parade, or outdoor performance. Record observations and stories from the day.		

MY SPARKS

Sharing My Sparks	Page 83	2 points
Create a video, document, or activity explaining your Sparks to others.		

Spark Art	Page 84	2 points
Create an art project that showcases one of your Sparks.		

Something New	Page 85	3 points
Learn a new skill or hobby and put in at least 10 hours of practice.		

Take a Class	Page 86	5 points
Take a semester-long class based on one of your Sparks.		

Bonus! Camp Activity	Page 87	1 point
If you attend Summer Camp, try a new camp activity.		



ADVOCACY PROJECTS

The advocacy part of the Work Health Love Award is an opportunity to explore issues and causes that are important to you.

The goal of these projects is to contribute something of benefit to your community while gaining skills that can make a positive impact on the world.

To fulfill this requirement, you must complete **THREE ADVOCACY PROJECTS.** of your choosing. You should plan to spend one year on each advocacy project.

PROJECT ONE

Your first Advocacy Project must be related to Camp Fire. This can be anything from running a leadership conference or event for Camp Fire groups, designing a new resource for a program or camp, or serving on an advisory committee.

PROJECT TWO

Your second Advocacy Project must be one that benefits your community. Examples include working or volunteering for a local non-profit organization, creating an ongoing service project for a place of worship, canvassing for a politician, or anything else that makes a positive difference where you live!

PROJECT THREE

Your third Advocacy Project can benefit either your Camp Fire affiliate or your community.

PROJECT STEPS

NO MATTER WHAT ADVOCACY PROJECT YOU CHOOSE, EXPECT TO FOLLOW THESE STEPS:

- 1. BRAINSTORM SEVERAL TOPIC IDEAS.***
- 2. SELECT A PROJECT THAT IS ACTIONABLE AND MEANINGFUL TO YOU.***
- 3. WRITE A MISSION STATEMENT (SEE BELOW).***
- 4. DETERMINE WHEN THE PROJECT WILL HAPPEN.***
- 5. PLAN WHAT YOU'LL HAVE TO DO TO MAKE THIS PROJECT A SUCCESS.***
- 6. CONDUCT YOUR ADVOCACY PROJECT.***
- 7. REFLECT: THINK OF WHAT WENT WELL AND WHAT CAN BE IMPROVED FOR NEXT TIME!***

MISSION STATEMENT

Your mission statement is your goal for the project. It is an opportunity to tell others what you are doing, why it matters, and what you're hoping to achieve. You must write one mission statement for each Advocacy Project. Keep your mission statement short and simple (only two or three sentences).

REFLECTION

We have already discussed the importance of Reflection. However, this particular reflection is different than the one you will submit to the Work Health Love Advisory Committee. In this instance, your reflection is a chance to debrief with yourself. Consider what went well with your Advocacy Project, what didn't, and what you might try differently next time. *You can use the reflection strategies on the following page to help guide you in this process.*

GUIDED REFLECTION

STOP, START, CONTINUE

Make a list of all the practices, strategies, and techniques that didn't work (stop), that you'd like to try (start) and that worked well (continue). Use this list to inform your next Advocacy Project.

REFLECT AND SKETCH

Sometimes it helps to translate experiences and feelings into pictures. Sketch each step of your Advocacy Project and create drawings of what happened.

SIX ELEMENTS OF REFLECTION

1. **Significance:** What was the importance of the project you chose? Did you discover something new about yourself during the process?
2. **Process Recognition:** What went well during the process? What did not? Why?
3. **Strategies:** When you do a similar project like this in the future, what new strategy would you try? What strategy would you avoid?
4. **Motivation:** How do you feel about the whole experience? Did you do what you set out to do, even if your goals changed throughout the process?
5. **Analysis:** What have you gained from conducting an Advocacy project?
6. **Introspection:** What strengths did you bring to the project? What was the most difficult? What are you better at now than you were before the project?

ROSE, BUD, THORN

Think of your Advocacy Project like a rose with three parts – rose thorn and bud. For the rose, write down all your positive takeaways. For the thorn, write down things that were challenging. For the bud, write down something that might grow from this experience.

SKILLS & GOALS

As you begin to think about your Advocacy Project, consider some specific skills, strengths, and goals you would like to achieve. (See examples below.)

LEAD

Take a leadership role. Assume responsibility for moving a group toward its goal over a given time. This could be accomplished by serving as a chairperson or president, conference organizer, affiliate board member, local Youth Advisory Cabinet member or school or community leader.

SERVE

Give service or help to others. The service may be to an individual or organization over time. Examples include working for ongoing service projects for schools, community groups or places of worship.

TEACH

Impart a skill or knowledge to others. The teaching may be geared toward an individual or group over a specific period. Examples include teaching a seminar on leadership or creating a curriculum for a younger group.

SPEAK OUT

Impart a skill or knowledge to others. The teaching may be geared toward an individual or group over a specific period. Examples include teaching a seminar on leadership or creating a curriculum for a younger group.

"PICK SOMETHING YOU ARE REALLY INTERESTED IN AND WANT TO LEARN ALL YOU CAN ABOUT IT."

Jane Karen Phillips
1970 Work Health Love recipient

PLANNING STRATEGIES

BRAINSTORM

A brainstorm is a meeting where a group of people all put forward as many ideas and suggestions they can think of on a certain topic. Brainstorming should be the very first thing you do when starting your Advocacy Project. Come up with a list of several topic ideas that you can turn into a service-learning project.

YOU CAN BRAINSTORM BY YOURSELF OR ENLIST FRIENDS AND FAMILY TO HELP. HERE ARE A FEW FUN BRAINSTORMING TECHNIQUES:

MIND MAPPING

Grab a large piece of paper and write down your goal in the middle (your goal can be “develop an Advocacy Project”). Expand on this goal by surrounding it with ideas that are a little more descriptive (i.e., “service”, “volunteer,” “teach,” “lead,”). Once your map has this first layer, add a second layer by writing down specific topics you are passionate about (i.e., “elementary education,” “LGBTQ+ issues,” “politics,” “cooking and baking,”). Connect these circles to the first level (i.e. “teach” and “LGBTQ+ issues”). Make another layer with more descriptions until your mind map is completely full.

FRENZY

This is a way to quickly jot down your initial ideas and thoughts without overthinking and second-guessing yourself. Set a timer for two minutes and write down as many topic ideas as you can think of. Don’t worry if your idea seems silly, farfetched, or impossible. There are no bad ideas in this activity—just jot down anything that pops into your head. Try these questions to inspire you!

Complete the question: What’s up with _____?

What are some problems with the world?

Complete the sentence: Why doesn’t _____ exist?

What are some resources available in your community?

Complete the sentence: I wish my community _____.



PURPOSE COMPASS

Your purpose compass is a Venn diagram of three important attributes: your skills, your Sparks, and social needs that are important to you.

- Write down at least 3 skills, 3 Sparks, and 3 needs in your Venn diagram.
- Transfer your ideas to sticky notes (one idea per note).
- Take 1 skill, 1 Spark and 1 need you care about and group them together to see if that sparks a project idea. For example:

skill = leadership, Spark = nature, need = mental health awareness.

HELPFUL HINTS

Whatever Advocacy Project you choose to complete, be sure you're ready when it comes time to conduct it. Here are some helpful hints:

MAKE A LIST AND CHECK IT TWICE.

Write down the important things to bring or do during your Advocacy Project. Planning a teen leadership retreat at camp? Make a list of safety items, meals, and materials you shouldn't forget to bring.

ASK FOR HELP

The road to your Work Help Love is meant to be walked alone—but that doesn't mean you can't have helpers along the way. Ask people to help when possible and delegate tasks as you see fit.

BE FLEXIBLE

Sometimes, you can plan everything perfectly, and things will still get messed up. That's ok! Be flexible when things go wrong and try to come up with solutions before panicking. Did you forget the plates at the dinner you planned? Phone a friend and ask them to bring some. Did a sudden snowstorm close all the roads? Contact everyone involved and reschedule.

TAKE LOTS OF PICTURES AND DOCUMENT YOUR WORK.

Or assign a friend to take pictures for you. These photos, videos and quotes will be helpful in creating the Reflection you'll be turning into the Work Health Love Advisory Committee.

PROJECT PLANNING WEBSITES:

There are a number of websites that will allow you to create tasks, set deadlines, and organize your thoughts. Currently, Trello.com is great for project planning; and sites like Notion and Monday make it easy to communicate and plan with other people. However, new programs are coming out all the time, and older ones are often changing. If you would like to use an online program, be sure to research a few on your own!

S.M.A.R.T. GOALS

SET A S.M.A.R.T. GOAL

Once you've chosen your advocacy project, you need to set a goal. Use the SMART acronym to help you.



SPECIFIC

Set real numbers with real deadlines ("I want to develop a leadership retreat for 10 middle schoolers in the spring").



MEASURABLE

Make sure your goal is trackable ("I will track the number of attendees and give them surveys about leadership before and after the retreat").



ACHIEVABLE

Make sure your goal is trackable ("I will track the number of attendees and give them surveys about leadership before and after the retreat").



REALISTIC

Make sure your goal is trackable ("I will track the number of attendees and give them surveys about leadership before and after the retreat").



TIMELY

Make sure your goal is trackable ("I will track the number of attendees and give them surveys about leadership before and after the retreat").

What's the hardest part of the Advocacy Project? It's the time you put in before the project begins. Coming up with the idea and doing the planning needed to make it success is where you're going to put most of your effort. You might find yourself talking to community leaders, setting dates, reserving spaces, sending invites, collecting money, and acquiring resources. This is why you should give yourself a year to complete your project. The following page features a Project Planning template. You are not obligated to use it, but you may find it helpful.

ADVOCACY PROJECT PLANNER

VISION STATEMENT

A broad statement that embodies what you want your community to look like after your project.

GOAL STATEMENT

What specifically will be different in your community after the project?

OBJECTIVES

Specific actions that will help you reach your goal.

RESOURCES

What resources are available?

OBSTACLES

What are some challenges?

TIMELINES

What do you need to complete your project?

SUCCESS FACTORS

What do you need to be successful?

CROSSING THE FINISH LINE

YOU WILL RECEIVE YOUR WORK HEALTH LOVE AWARD ONCE YOU'VE DONE THE FOLLOWING:

- **SUBMITTED YOUR DECLARATION OF INTENTION**
- **COMPLETED THE REQUIRED COURSES ON CAMP FIRE HISTORY**
- **EARNED 10 POINTS IN THE THREE INNER-EXPLORATIONS – WORK, HEALTH, AND LOVE**
- **COMPLETED 3 ADVOCACY PROJECTS**
- **SUBMITTED YOUR DECLARATION OF COMPLETION**
- **PRESENTED A DETAILED REFLECTION**

REFLECTION REQUIREMENTS

Though your Reflection can be in any medium you choose it must include the following:

- Declaration of Intent
- List of all Inner-Explorations completed (with points totaling 10 each)
- Documentation of all Inner-Exploration activities (including any art you made, personality quizzes you took, pictures you snapped, etc.)
- Debrief on your three Advocacy Projects (including the mission statement, planning charts, results, pictures, videos, testimonials, etc.)
- Declaration of Completion

The Reflection is ultimately your evidence of the past 3-4 years of hard work and growth. It's your chance to show off all that you have accomplished, and to consider what you've learned. Collect your documentation as you proceed and keep it all in one place. This will make the final Reflection process much easier!



DECLARATION OF COMPLETION

[CLICK
HERE TO
DOWNLOAD
FILLABLE
FORM](#)

NAME:

AWARD YEAR:

CAMP FIRE AFFILIATE:

EMAIL:

PHONE NUMBER:

SCHOOL:

GRADE:

MISSION STATEMENT:

ADVOCACY TOPIC:

ADVISOR INFORMATION:

NAME:

EMAIL:

PHONE NUMBER:

APPLICANT SIGNATURE:

DATE:

PARENT/GUARDIAN SIGNATURE:

DATE:

ADVISOR SIGNATURE:

DATE:

CELEBRATE!

Being a Work Health Love Award Recipient is a big deal and a worthy cause for celebration. Many affiliates will mark the occasion with an official Work Health Award Ceremony, during which recipients are recognized and presented with their official Work Health Love Award.

Check with your Advisor and the Work Health Love Advisory Committee to see if there is something like that planned. For now, how you want to celebrate this incredible accomplishment is up to you!

"WHEN IT'S ALL DONE, CELEBRATE!"

Barbara Moravec, 1993 Work Health Love Recipient, Mt. Hood affiliate

SPECIAL thanks!

Thank you to **CAMP FIRE CENTRAL PUGET SOUND** for their work on the 2016 Work Health Love pilot project.

Thank you to the affiliates and individuals who reviewed the Work Health Love curriculum in 2018 and contributed valuable suggestions for its revision:

CAMP FIRE SNOHOMISH COUNTY

CAMP FIRE ANGELES

CAMP FIRE ORCA

Thank you to **TAYLOR WESTFALL** and **ALEA ARMINTROUT** for their time, energy, audit, and rewrites of the Work Health Love curriculum.

And thank you to the **WORK HEALTH LOVE ADVISORY COMMITTEE** at Camp Fire Snohomish County for their input and advice on the 2024 updates.