

# Goal Setting — Motivational Book



## Motivational messages

Ask Girl Scouts to decorate several envelopes and fill each with a motivational message. Glue each envelope together to make a goal book. When a milestone is reached, Girl Scouts can read the message to stay motivated to reach their goal.

Optional: Girl Scouts can swap messages with other Girl Scouts at the rally.

## Supplies:

- 4 Envelopes
- Glue Stick
- Markers
- Template
- Scissors



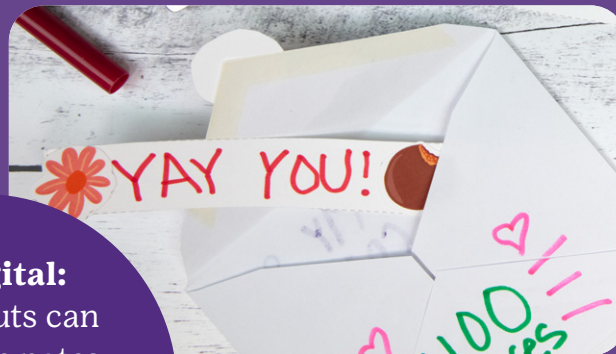
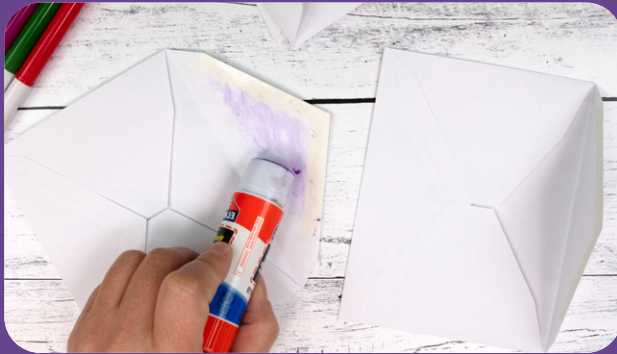
The goal poster and order forms are other great resources to help Girl Scouts track and reach their goals.



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# Motivational Book Instructions

- 1 Add glue to the flap of the first envelope and place the second envelope on top with the flap facing out.
- 2 Repeat this process until all envelopes are attached.
- 3 Mark each envelope with the number of cookie boxes to sell in 25% increments.
- 4 Ask Girl Scouts to write inspirational messages to their fellow Girls Scouts. They can also write notes to themselves. The provided template can help.
- 5 Place one or more messages in each slot. Girl Scouts can read them as they reach important milestones.
- 6 Use the template to decorate the motivational book.



**Go Digital:**  
Girls Scouts can also share notes of encouragement through texts on Digital Cookie.®



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# Motivational Book Template

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**YOU ARE BRAVE. FUN!** DON'T STOP NOW!  
**FIERCE.**

DON'T STOP 'TIL YOU REACH THE **TOP** \_\_\_\_\_

**YOU ARE A SUPER ENTREPRENEUR**



**YOU'RE CAPABLE OF AMAZING THINGS** \_\_\_\_\_



**KEEP GOING!** \_\_\_\_\_



**YOU'VE GOT THIS!** \_\_\_\_\_