

# 4-H THRIVE!



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## Light Your Spark

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## Flex Your Brain

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## Reach Your Goals

**Goal selection:** Choose one meaningful and realistic goal.

**Pursue strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift gears:** Change strategies if you have difficulty reaching your goal.

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## Reflect

Ask yourself how you can use your passion to be more confident, competent and caring. What ways can you use your skills to contribute to your community, character or connections?

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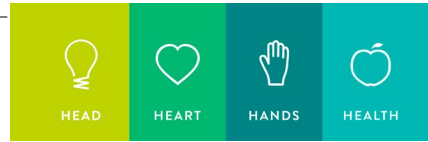
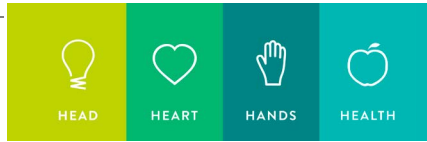
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# THRIVING

LEADS TO THE 6 C's:

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LEADS TO THE 6 C's:

- Competence
- Confidence
- Character
- Caring
- Connection
- Contribution

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#### References

Bottoms, M., & Horowitz, M. (2016). *California 4-H project sheet*. UC ANR 4-H Youth Development Program.

Lerner, R.M. (2007). *The good teen*. New York: Crown.

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