**I Dare You Award Essay Guidelines**

This award recognizes 4-H youth that strive to be their best, lead balanced lives, and demonstrate a commitment to discovering and developing their personal best. Applicants should be making a positive difference in their communities through the promise of their character and leadership. Through these works, they are helping make the world a better place for all.

Please write a one-page essay in the space below (font no smaller than 10 pt.) that addresses the following questions:

* **How have you been involved with 4-H at various levels (Can include Club, County, District, State)?**
	+ ***Describe the programs/trainings you have been involved with.***
	+ ***Elaborate on what you learned and the skills you have gained.***
	+ ***Reflect on how you have used those skills throughout your 4-H Career.***
* **How has 4-H helped you reach your true potential?**
	+ ***What goals have you accomplished?***
	+ ***How have mentors and adult leaders influenced you?***
	+ ***Describe some of your greatest accomplishments in 4-H and what they mean to you.***
* **How will you use the skills that you have gained in 4-H for future endeavors?**
	+ ***Discuss future career goals and how 4-H has helped you explore them.***
	+ ***Describe some of the life skills you’ve gained.***
	+ ***Most importantly, talk about how you plan to impact others in your community.***