



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.*