**4-H THRIVE!**

**Light Your Spark**
A spark is something you are passionate about; it fires you up and gives you energy.

**Flex Your Brain**
Your brain grows stronger when you try new things, master new skills and persist through challenges.

**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.

**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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THRIVING LEADS TO THE 6 C's:

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

www.ndsu.edu/4h

References

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