

Beavers Personal Challenge Award

To earn this award, you need to complete two personal challenges that you agree with your Leader. You should choose one of the challenges and your leader will choose the other.

21 Days of Personal Challenges[©]

By Samantha Eagle

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Overview

For this badge the Beavers must complete 2 personal challenges. To save time meeting with each Beaver I have created selection of challenges for them to complete over a 21-day period. They have 2 challenges to complete each day.

Preparation Before The Meeting

1. Print out the '21 Days of Personal Challenges' table. You need one for the leader and one for each Beaver.

Materials Needed

- None

Preparation At The Meeting

1. None

Directions/Leader Speak

1. **Speak** - Tonight you're going to start your 'Personal Challenge Award'. This is a great badge which allows you to challenge yourself with different things that you may not have done before. Here's the challenges you have to carry out to complete this award.
2. **Action** - Hand out the '21 Days of Personal Challenges' table to each Beaver
3. **Speak** - You will see on this table that you have two challenges to complete each day and the challenges last for 21 days
4. **Speak** - Once you have completed the 21 days get your parent to sign the bottom of the table and bring it to the following meeting
5. **Speak** - It would be great if everyone could do this because you will not only achieve a new badge, but it will go towards your 'Chief Scout's Bronze Award'!

21 Days of Personal Challenges for Beavers

The following table outlines 2 challenges that should be completed each day. Once each challenge is completed write yes in the 'Achieved' column. If all challenges are completed within the next 21 days you will gain your 'Personal Challenge Award'!

Day	Challenge 1	Achieved	Challenge 2	Achieved
1.	Brush teeth in the morning and before bedtime		Wash up after a meal or load the dishwasher	
2.	Brush teeth in the morning and before bedtime		Drink 4 glasses of water throughout the day	
3.	Brush teeth in the morning and before bedtime		Learn two words in Spanish	
4.	Brush teeth in the morning and before bedtime		Learn two words in French	
5.	Brush teeth in the morning and before bedtime		Jog on the spot for 5 minutes	
6.	Brush teeth in the morning and before bedtime		Eat two pieces of fruit that you haven't tried before	
7.	Brush teeth in the morning and before bedtime		Eat two vegetables that you haven't tried before	
8.	Read 3 pages of a book before bedtime		Wash up after a meal or load the dishwasher	
9.	Read 3 pages of a book before bedtime		Write down something positive	
10.	Read 3 pages of a book before bedtime		Write down 3 things you are grateful for	
11.	Read 3 pages of a book before bedtime		Before you go to sleep think about something you would love to happen in the future	
12.	Read 3 pages of a book before bedtime		Write down 3 things that make you happy	
13.	Read 3 pages of a book before bedtime		Go for a 10 minute walk	
14.	Read 3 pages of a book before bedtime		Look in the mirror and dance for 2 minutes	
15.	Make your Bed and Tidy Your Bedroom		Wash up after a meal or load the dishwasher	
16.	Make your Bed and Tidy Your Bedroom		Donate something to someone less fortunate than you	
17.	Make your Bed and Tidy Your Bedroom		Look in the mirror and say 3 nice things about yourself	
18.	Make your Bed and Tidy Your Bedroom		Spend the day saying nice things to other people	
19.	Make your Bed and Tidy Your Bedroom		Jog on the spot for 8 minutes	
20.	Make your Bed and Tidy Your Bedroom		Jog on the spot for 12 minutes	
21.	Make your Bed and Tidy Your Bedroom		Wash up after a meal or load the dishwasher	

I the guardian of hereby certify that
all challenges were successfully completed. Signed