

YOU ARE!

Magical
Magnificent
Marvelous
Luscious
Liberated
Amazing
Awesome
Magnetic
Tremendous
Ravishing
Intelligent
Interesting
Sparkling
Stunning
Stupendous
Looker
Wonderous
Fearless
Generous

Wonderful
Inspiring
Strong
Brave
Courageous
Confident
Kind
Honorable
Gentlewoman
Fierce
Soft
Sensuous
Sturdy
Gentle
Breathtaking
Astonishing
Astounding
Independent

GREAT ESCAPE 2018 WONDER QUEST

**WE INVITE YOU TO GO ON A QUEST
TO CELEBRATE YOUR WONDER!**

We all wear many hats. We all put others first. We support families, partners, children, troops, schools, clubs, camps, friends, neighbors. This quest is designed to support you. To connect with parts of yourself that might need nourishment, encouragement, and care. Many of us are taught to think of others first, and not be selfish. But taking care of yourself and acknowledging your worth is not selfish. Take some time to walk around camp and revel in your amazing bits. Go on a solo journey, share this quest with a long time friend, or someone you just met. Don't downplay how wonderful you are. If you need help, there are adjectives on the back for inspiration. **And yes - you are all of those things.**

Directions: Follow the clues around camp. Each stop will have messages of inspiration for you. Use the prompts to guide you to something special, wonderful, forgotten, undiscovered about yourself. Reflect on the prompt with what is in your heart (or head, or soul, or tummy). It can be a word, phrase, quote, feeling, memory. This quest is different, and it may take you multiple trips to complete it. Take the time you need to reconnect with yourself.

Accommodation: If you can't travel around camp, read the prompts and imagine yourself there, or imagine yourself anywhere special!

Go to Christa's house. Sharon Christa McAuliffe was the first teacher in space. Close your eyes and imagine going on a journey that no one before you has taken.

You are:

Stand in the field by Whirlwinds. Look up at the sky, breathe deep. Revel in the part you play in this universe.

Personal bonus: Lay in the grass and feel all the feelings

*Repeat this clue again when the stars come out!

You are:

Go to Algonquin. Remember your Girl Scout camping experiences. As a Girl you felt ... As an Adult you felt ...

You are connected to this tribe.

You are:

Go to the Trading Post. Imagine living off the land, selling your wares, trading your talented goods for someone else's talents. What is your special skill? What skill do you want to learn?

You are:

Start down the path to the Theatre. Before you get there, stop somewhere along the way. Listen to the woods.

Listen to the trees. Listen to yourself.

You are:

Go to the Theatre. Remember back to when you had that fierce I can do anything spirit, before you had ever felt judged. What would you do now if you felt that again?

Personal bonus: Get up on that stage and perform something.

Belt out your favorite tune, dance a jig, tell a joke, recite a quote, do some slam poetry. Express yourself.

You are:

Go to the Beach. Put your toes in the water, or feel the sand under your feet or in your hands. Reflect on what this quest has shown you.

Personal bonus: (If the lifeguard is there) Jump in! The water is fine!

You are:

Go to the Dining Hall to celebrate your phenomenalness with one final prompt!