

be your best self

Will you take the pledge?

Choosing to live by the five principles of the **Be Your Best Self Program** is a decision that will take you far. Take the pledge today and commit to being healthy, involved, studious, ambitious and responsible!



Be healthy.

Care for your physical and mental health

Be involved.

Serve your community

Be studious.

Stay in school and be a lifelong learner

Be ambitious.

Set and achieve goals

Be responsible.

Live by moral and ethical principles

National BYBS Week: April 21-25, 2025
DistinguishedYW.org/Be-Your-Best-Self

AN OUTREACH PROGRAM OF
 **DISTINGUISHED
YOUNG WOMEN**
SCHOLARSHIP | LEADERSHIP | TALENT

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Overview

In 1987, Distinguished Young Women developed and launched the Be Your Best Self (BYBS) program as the organization's national outreach aimed at encouraging boys and girls all over the country to lead successful and productive lives. Through the BYBS program, Distinguished Young Women seeks to give program participants at the local, state and national level a means to make a positive and lasting impact on the world around them.

Five Elements of the BYBS Program

The five elements of the BYBS program are at the heart of the Distinguished Young Women philosophy, and the program helps to instill those values in others. Be healthy, be involved, be studious, be ambitious and be responsible are the five elements that help define what it truly means to Be Your Best Self. In spreading the BYBS message to young people, we encourage them to choose to personally implement it into their own lives.

Be Healthy

Care for your physical and mental health

Be Involved

Serve your community

Be Studious

Stay in school and be a lifelong learner

Be Ambitious

Set and achieve goals

Be Responsible

Live by moral and ethical principles



National Be Your Best Self Week

The 2025 National BYBS Week will take place April 21 -25. Distinguished Young Women participants across the country will give presentations to groups of boys and girls in their communities, sharing the BYBS program in fun and creative ways on any or all of the days during the week.

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Impact of National Be Your Best Self Week

In 2024, Distinguished Young Women celebrated the 15th annual National Be Your Best Self Week, a nationwide event that took place April 22-26. During the week, Distinguished Young Women participants across the country visited groups and organizations within their communities to share the Be Your Best Self message. As a result, thousands of young people were reached and learned what it means to be their best self and how they can work toward a bright and productive future.

Distinguished Outreach Award

Distinguished Young Women will be awarding a scholarship to one young woman who presented the Be Your Best Self program during National BYBS Week.

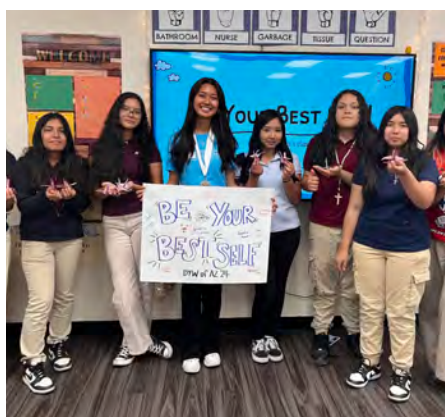
The competition for the Distinguished Outreach Award is open to any young woman who has participated in a Distinguished Young Women program at the local, at-large or state level (excludes state winners), who participates in National BYBS Week, and who will graduate from high school in 2025. Class of 2026 participants may participate and submit now if they wish, and their materials will be held for next year.

The winner of the Distinguished Outreach Award 2025 will be announced at National Finals in June in Mobile, AL. See DistinguishedYW.org/Be-Your-Best-Self for award requirements, deadlines, and any other documents you may need.

About Distinguished Young Women

Begun in 1958, Distinguished Young Women has impacted the lives of more than 785,000 young women. Our mission is to empower high school young women by providing scholarship opportunities, developing self-confidence and teaching crucial life skills needed for success in college and beyond.

Free to enter, each year we make available more than \$1 billion in cash and college-granted scholarships to participants. National sponsors include Mobile County, City of Mobile, Barbara Barrington Jones Family Foundation, Alabama Power Foundation, Gant Travel Management, Regions Financial Corporation, The Coffeen Family, John Cauley Jeweler, Jostens and Alabama Media Group.



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I can be my best self by:

Be healthy

Be involved

Be studious

Be ambitious

Be responsible

I, _____, pledge to be my best self by implementing each of the elements of the Be Your Best Self Program into my own life.

(sign here)

(date here)

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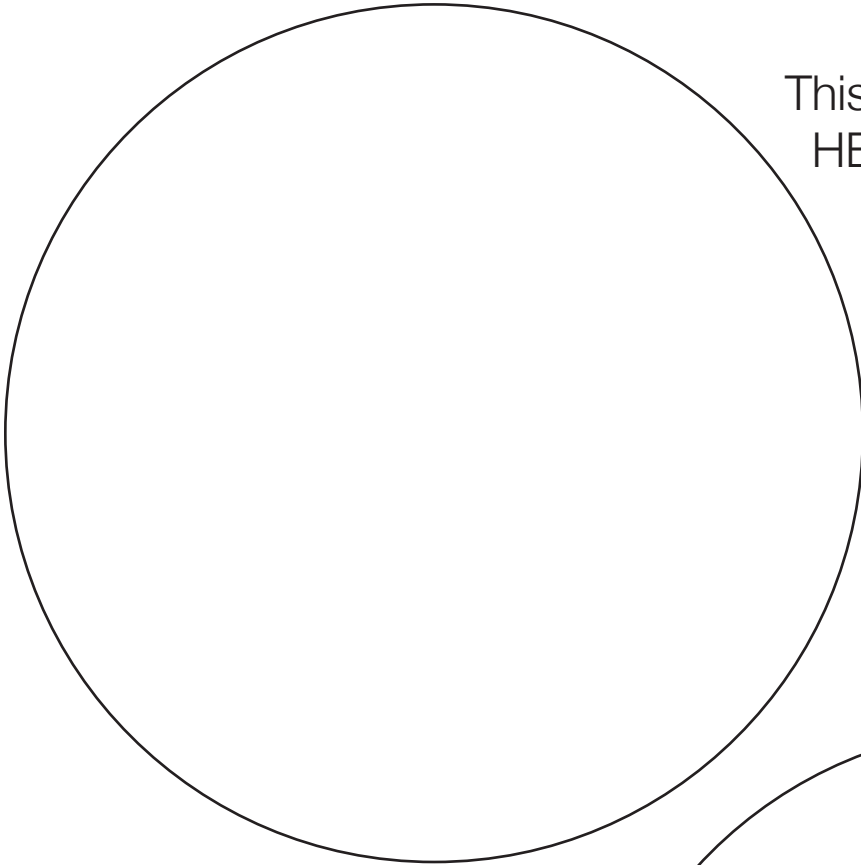
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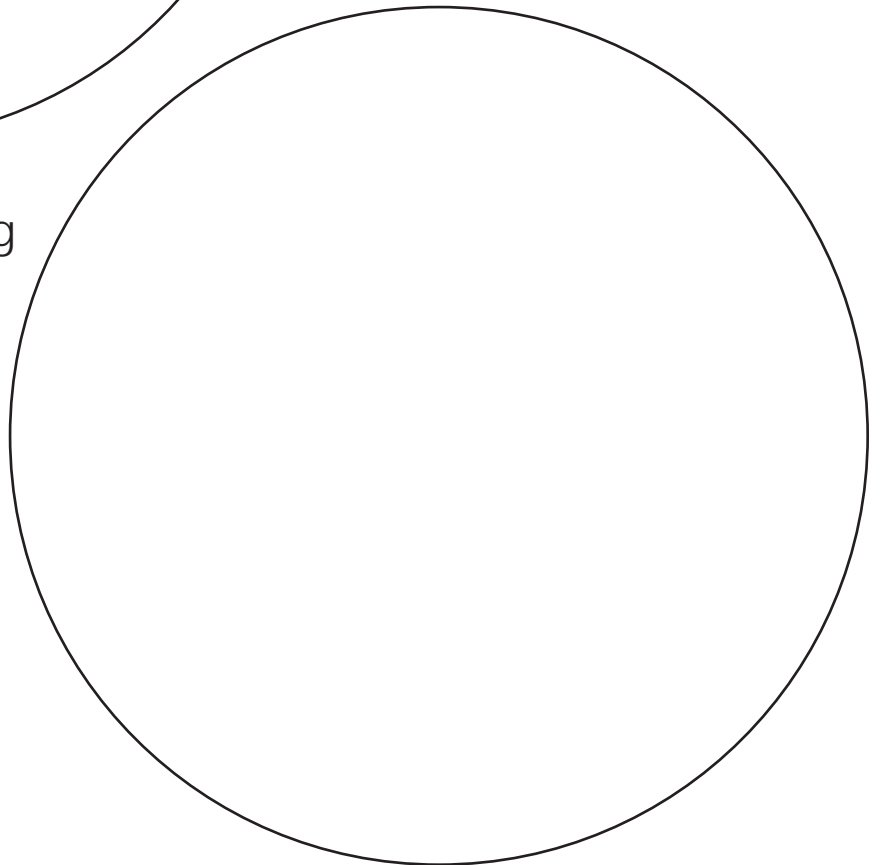
★
★

COLORING SHEET

This is me being
HEALTHY....



This is me being
INVOLVED....



This is me being
STUDIOUS....



This is me being
AMBITIOUS....



This is me being
RESPONSIBLE....

