



# The BOW Patch

WITH NINJA WARRIOR, MAGGI THORNE

*"In Girl Scouts, girls take the lead in discovering their own power. My hope is to help girls know their true selves and to never stop dreaming as they discover their purpose." - Maggi Thorne*

The BOW Patch is a celebration of inner and outer strength. It signifies overcoming obstacles while celebrating your true self. Complete the steps below to earn your BOW Patch. Once you've completed your entrepreneurship, service, and empowerment activities, you can purchase your BOW Patch at your local Girl Scouts of Greater Iowa Shop or order online!

**Earn your BOW Patch when you complete one item from each of the following themes:**

## Entrepreneurship

- Visit a female-owned business
- Create a one-page business plan
- Interview a female business owner

## Service

- Local: Perform a random act of kindness for someone in your community.
- Global: Create an online campaign to support an international nonprofit organization.
- Share: Share your story and tag Maggi Thorne (@Nvr\_GvUp) for a chance at reposts!

## Empowerment

- Playground Play: Gather a group of friends at a playground and dream up your own Ninja Warrior course. Time each other, and make sure to encourage each other while racing the course!
- Gym Play: Gather a group of friends and find a gym where you can have fun, exercise, and support each other while moving!

