



Be Your Best Self Scholarship Essay

The Be Your Best Self program allows Distinguished Young Women participants to reach out and encourage young people nationwide to make a commitment to being their best selves. Embracing the BYBS message empowers young people with valuable tools to face the challenges of negative peer pressure. Drawing on their own personal experiences, Distinguished Young Women program participants deliver helpful messages emphasizing the importance of setting goals and striving to reach them.

The five elements of Be Your Best Self are:

Be Healthy – Be physically fit and drug free.

Be Involved – Serve your community.

Be Studious – Stay in school.

Be Ambitious – Set and achieve goals.

Be Responsible – Live by moral and ethical principles.

Please describe, in detail and no more than 2 pages typed, how you embrace these five elements in everyday life to always Be Your Best Self.