# Date: \_\_\_\_\_\_\_\_\_\_\_\_School/City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Your dreamLAB leader’s name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PRINT CLEARLY; your Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age \_\_\_\_\_\_\_\_



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| --- | --- | --- | --- | --- | --- |
| Please honestly rate this program. This will help us revise and improve the program. Place a check in one box to rate each item 1-5: | Strongly  Disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
|  | **1** | **2** | **3** | **4** | **5** |
| 1. Dream Big! I learned that girls with dreams become women with vision and if I want my big dreams to become a reality I need to be responsible for them. |  |  |  |  |  |
| 2. Positive Friendships: I built positive friendships/relationships/connections and learned how to receive and give encouragement. |  |  |  |  |  |
| 3. Greatness: I learned how to be empowered by listening to my greatness voice and not letting the smallness voice disempower or derail me. I learned that gossip, labels, negativity, judgments, circumstances and smallness don’t have to stop me and my goals. |  |  |  |  |  |
| 4. Acceptance: I learned I am worthy of big dreams and that I am responsible to build my self-esteem and confidence. |  |  |  |  |  |
| 5. Responsibility: I improved my skills on how to work on a short and long term goals and that I’m responsibility for my goal setting and choices to make my goals a reality. |  |  |  |  |  |
| 6. Goal-setting: I understand how to make baby steps toward my goals. Baby steps are what move the train and If I have big dreams I need to focus on baby steps. |  |  |  |  |  |
| 7. Leadership: I learned that I lead my life by my choices. I matter and can make  a difference in the world with my gifts, talents and greatness. Leadership is an  action not a title! |  |  |  |  |  |
| 8. Self-Care: I learned the 5 Super Powers: Self Discipline, Self Esteem, Mastery of my mindset, Care for my mind, body and spirit and Image/personal reputation. |  |  |  |  |  |
| 9. Giving: I learned that one person can make a difference and I learned what my ‘Tshirt’ would say. I’m in the go-givers club where small acts change the world. |  |  |  |  |  |
| 10. Planning: I learned to plan our work and work our plan. I had fun planning our community service project too. |  |  |  |  |  |
| 11. Teamwork: I understand better how to work in a team and see how each person has a valuable role. It takes team work to make the dream work! |  |  |  |  |  |
| 12. Completion: I didn’t quit, I finished! I used the skills I learned in dreamLAB to grow my leadership skills, make progress on my dreams and grow as a person. |  |  |  |  |  |
| 13. Program: I liked the structure of the meetings, the content and would participate in another dreamLAB. |  |  |  |  |  |

1. What is one thing that you were inspired by or loved learning during dreamLABs?

2. What did you not like or would improve in this program?

**\*\*Please give this survey to your LEADER OR EMAIL IT TO** [**support@girlsrulefoundation.org**](mailto:support@girlsrulefoundation.org)  
Please follow us on Instagram @girlsrulefdn and download our app ‘girls rule foundation’.