

# Healthy Living Ambassador

## Short Answer Worksheet

1. Why are you interested in serving as a State 4-H Healthy Living Ambassador?
2. Provide one or more examples of how you have exhibited or developed leadership skills in projects or programs related to healthy living.
3. How have your 4-H experiences in healthy living helped you reach a personal goal? How will these experiences benefit you in your future?
4. Describe a situation when you worked as part of a team of youth and adults to accomplish a goal.
5. How do you think social media impacts the physical and mental health of youth?