



## Treat Yo'Self: Micro-Scholarship Application

How you treat yourself is how you are inviting the world to treat you. Treat yourself with love and respect and you shall receive that in return.

Girls PACT believes that self-care is essential to a healthy lifestyle. When we take good care of ourselves, we are likely to see improvements in our relationships. It is not selfish to make time to do what keeps you happy, calm and content. We encourage you to nourish yourself in a way that helps you blossom.

Self-care is not selfish. Claim your self-worth and treat yo'self today!

### Contact Information

Name: \_\_\_\_\_ Age: \_\_\_\_\_

School: \_\_\_\_\_

Email Address: \_\_\_\_\_ Cell #: \_\_\_\_\_

How long have you been involved in Girls PACT\*\*\*? \_\_\_\_\_

\*\*\*Must be an ACTIVE Girls PACT participant to be eligible for micro-scholarship. Active members are those that have attended a minimum of 25 on-campus workshops and/or events.

Self-Care Request (up to \$200 value): \_\_\_\_\_

Tell us how you are feeling and why you are requesting nourishing self-care.

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How will treating yourself help you claim your self-worth?

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Please return completed application to [michelle@girlspact.org](mailto:michelle@girlspact.org)

We will do our best to accommodate requests in a timely fashion. Please know that submitting an application does not guarantee that it will be fulfilled.