



VARSITY // BRANDS

THE COLLECTIVE
STUDENT EMPOWERMENT MONTH



INSPIRATIONAL STICKER CONTEST



Erika's Lighthouse
A Beacon of Hope for Adolescent Depression®

GREAT GOAL [QUICK-START GUIDE](#)

PLAN, DO, STUDY, GROW LEADERSHIP CYCLE

Use this quick-start guide to inspire and empower your students to plan, do, study, and grow. This guide will launch student planning.

For more student leadership resources visit BelieveInYou.com.

For more mental health awareness projects like this one visit ErikasLighthouse.org.

BELIEVEINYOU.COM

Sample GREAT Goal outline to help you run an inspirational sticker contest for Mental Health Awareness Month.



Goal
Name

Host an Inspirational Sticker Contest for Mental Health Awareness Month in May.



Reason
for the Goal

This contest will give students, faculty and staff a fun way to **break the stigma** around mental health conversations.



Efforts
Required

- Select key dates for contest (rules announcement, submission deadline, voting timeline, announcement of winners)
 - Create contest announcements (posters, morning announcements, classroom announcements)
 - Distribute sticker templates (electronic and/or paper versions)
 - Scan and print stickers (or order stickers from a vendor)
 - Distribute winning stickers!
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Accountability
Team

- List student leadership team:
 - List faculty / staff advisors:
 - List key contacts needed to get tasks done:
-



Timeline
for Results

Add Dates Below (Working Backwards)

- Winning stickers are distributed:
- Winning stickers are scanned and printed:
- Entry voting / judging start and end dates:
- Contest submission deadline:
- Sticker templates are distributed with rules:
- Contest is announced:
- Accountability Team is identified and commits:

Blank GREAT Goal worksheet to help you create your own inspirational sticker contest.

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Goal
Name

R

Reason
for the Goal

E

Efforts
Required

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Accountability
Team

T

Timeline
for Results