

Essay Project or Essay Contest

Topics should be positive. We need to focus on the good things in people and in life. Motivating and helping each other is an ongoing experience.

The following can be used as ideas/ topics:

- Express to others what you have done that was a positive act.
- Choose someone that you look up to.

This can be an individual or partnered effort.

Contacting local companies for prizes or local sponsorship

Let the media know about the project or contest—
getting the community involved will help spread the word
(and your picture in the newspaper)

