

# Worthy Life Award — Parent Overview & How-To

Troop GA-4100 • Restoration Church (Roswell, GA)

**Purpose:** Help every family build a simple weekly rhythm at home so our boys grow in faith and character—and keep momentum between Monday nights.

## What is the Worthy Life Award?

A core Trail Life USA faith-formation award at **each program level**. In Woodlands (Fox, Hawk, Mountain Lion), parents lead short at-home moments—Scripture, conversation, prayer, and putting truth into action. In Navigators and Adventurers, boys deepen ownership with mentor support.

## Why it matters

- **Doable at home:** 5–15 minutes, once a week. Small steps, big impact.
- **Shared culture:** the whole troop is working on this—parents, Rangers/Trailmasters, and Trail Guides are with you.
- **Carries forward:** Worthy Life continues as your son advances, celebrating growth at each level. Many families also pursue **Timberline** as the Woodlands capstone before moving into Navigators.
- **A real destination:** This faith-and-character path is part of the journey toward Trail Life's highest honor, the **Freedom Award**—a nationally recognized distinction increasingly known well beyond Trail Life circles.



## How to start (Woodlands)

Use the **official requirement sheets** in your TLC Worthy Life folder:

- Worthy Life — **Fox** (Official Requirements)
- Worthy Life — **Hawk** (Official Requirements)
- Worthy Life — **Mountain Lion** (Official Requirements)

### Quick start (this week):

1. Open your branch's sheet.
2. Pick the first prompt; read, discuss, pray (5–15 minutes).
3. Choose one simple action for the week; bring the sheet Monday for sign-off by your **Ranger** or a **Trail Guide**.
4. If you print the sheet for your son(s)'s patrol, you can simply write the date and activity next to the requirement.

**Note:** Family Home Activities (FHA) help with **badge make-ups** (Steps/Hit the Trail!) but do **not** replace Worthy Life items.

## How to continue (Navigators)

Use the **Navigators Worthy Life (Official Requirements)** sheet in the same folder. Boys work with a **Trailmaster/mentor** and check in on Mondays for sign-off.

- Download **Navigators Worthy Life Award (Official Requirements)** in TLC.
- Work through the activities with your **Trailmaster/mentor**.
- Have items reviewed and signed; leaders will record progress in **TLC Advancement**.

## Tracking in Troop GA-4100

- **Primary record:** the official requirement sheet for your son's level (parent initials + leader sign-off).
- **System of record:** leaders update **TLC Advancement** so you can see progress at home.
- **Mondays:** bring the sheet each week for review.

**Open-door culture:** We're in this together. On Monday nights, grab **any leader**—before we split into groups or at the end of the meeting—or message us in TLC for help getting started, catching up, or keeping momentum.

## What's in your TLC folder (Worthy Life)

- Worthy Life — **Fox** (Official Requirements)
- Worthy Life — **Hawk** (Official Requirements)
- Worthy Life — **Mountain Lion** (Official Requirements)
- Worthy Life — **Navigators** (Official Requirements)
- Worthy Life — **Adventurers** (Official Requirements)



## FAQ

### **We're new—how do we begin without getting overwhelmed?**

Open your branch sheet (PDF in the folder) and do **one** prompt this week. Keep it at 5–15 minutes.  
*Consistency beats intensity.*

### **What actually carries forward as we move up?**

Worthy Life continues at each level and is recognized along the way. As a Mountain Lion, many boys also complete **Timberline**, the Woodlands capstone recognized as they enter Navigators.

### **How does this relate to badges and Family Home Activities?**

Worthy Life is its **own award** with specific requirements. Family Home Activities help with **badge make-ups** (Steps/Hit the Trail!) and don't replace Worthy Life items.

### **We missed a few weeks—now what?**

Pick up where you left off. If you want a catch-up plan, grab any leader on Monday or message us in TLC.

### **Who can lead at home?**

Dad is ideal, but either parent or a guardian can lead. The win is doing it **together**.

### **Where do I find the sheets again?**

In TLC under **Documents** → **Worthy Life** for Troop GA-4100.

Thank you for investing a few intentional minutes each week—these small rhythms help our boys **Walk Worthy** for life.