



Joyful. Healthy. Confident.

MISSION, VISION & CORE VALUES

Our Mission:

To inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

Our Vision:

We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

Girls on the Run Honors these Core Values:

- Recognize our power and responsibility to be intentional in our decision making
- Embrace our differences and find strength in our connectedness
- Express joy, optimism and gratitude through our words, thoughts and actions
- Nurture our physical, emotional and spiritual health
- Lead with an open heart and assume positive intent
- Stand up for ourselves and others

Key Words that Align with Our Core Values:

- *Empowerment*
- *Responsibility*
- *Intentionality*
- *Diversity*
- *Connectedness*
- *Joy*
- *Optimism*
- *Gratitude*
- *Nurturing*
- *Healthy*
- *Open-hearted*
- *Compassion*

