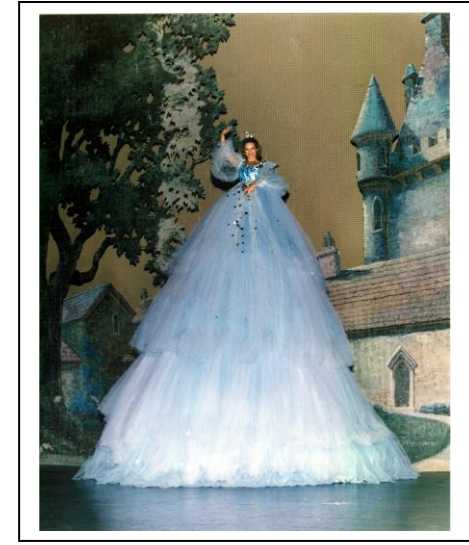




Cinderella Girl Pledge

On my honor, I promise to do my best to live up to the high standards of the Cinderella Scholarship Program and Pageant. To honor my God and country; to always conduct myself in a manner that is becoming to a young lady; to keep myself morally straight; to respect my mother and father; to recognize the rights of others; to keep the competitive spirit and be a good loser as well as a good winner; and dedicate myself to a world united in peace through love, mutual trust and understanding among the peoples of all nations, races and creeds.



Official Cinderella Girl Theme Song

Cinderella Girl
Cinderella Girl, Cinderella Girl
You're the fairest girl in all the world.
Once Upon a time you dared to dream
that fairy tales come true;
A dream, a wish, a hope, a quest;
Dreams will come true for you.
Cinderella Girl, Cinderella Girl,
Close your eyes and dream of bright new worlds.
A place where love is overflowing,
That's the place that you'll be going,
At the rainbow's end you've caught (you'll catch)
the star you've dreamed about;
Now you're (You'll be) our (my) dream come true,
Our (my) Cinderella Girl!

Official Pageant Prayer

Oh Lord, make the world, my country, my city,
my state better... and begin with me. Amen

Cinderella Sorority Goals

"Cinderella Girl" sorority members should participate in the following "Sorority Goals" and each phase of the "Yearly Program."

- (1) Every member should memorize the Official Cinderella Girl Pledge
- (2) The "Cinderella Girl" should practice good sportsmanship in every field of competitive activities in which she participates and be an aide to the Cinderella organization in the promotion of pageants as an outlet for training in the art of competition.
- (3) The "Cinderella Girl" should strive for the qualities of leadership in every aspect of her life... keeping in mind *"that in life, as in competition, it is not so important who won or lost, but how you played the game"*.
- (4) The "Cinderella Girl" should always be the one who dares to dream... and has the ambition, determination, and fortitude to make those dreams come true.
- (5) The "Cinderella Girl" always competes by the rules of fair play and knows that *"a winner never quits and a quitter never wins"*!
- (6) The "Cinderella Girl" believes in the Golden rule and strives to treat others as she would want them to treat her.
- (7) The "Cinderella Girl" will write a paragraph (or draw a picture if she is younger) about her accomplishments for the month and send them to the State Office.

Gwendolyn Hansen – Nevada State Cinderella Director
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If you have any questions???

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Email: cinderellanevada@cox.net

Cinderella Girl Sorority Handbook

The "Cinderella Girl Sorority" is an organization of girls from 3 to 26 who have the desire to better themselves in all areas of their lives. This program was designed to help the "Cinderella Girl" take a more active role in her family, community, and social activities. Sorority activities and goals are designed to teach worthwhile values, self esteem, and leadership skills. To join this awesome program, each girl needs to fill out an application form and send it to the State Office. The dues for this program are \$10.00. In order to earn special awards, a girl must complete 3 goals in each "Personal Improvement Area" during a full calendar year. (That would be a total of 15 goals) Two goals if she is a Mini Miss (7-9) (That would be a total of 10 goals) *Note: A Special Goal List is being prepared for Tots – ask for it, or you can use this one and adapt it.* Any girl, can do more goals if she wishes. Once a month she needs to write a paragraph (younger girls can draw a picture) about what "Improvement Area" she is working on or has completed, and how it has benefited her life. She needs to get it signed by her parents or Cinderella Director and then send it in to the State Cinderella Office. She must have 12 paragraphs submitted to be eligible for the yearly award. Certificates and awards will be presented at Cinderella State for those who have participated.

WHAT IS A CINDERELLA GIRL?

The Cinderella Girl is more than just a beauty pageant participant.

She is a young lady with goals and ambitions.

A young lady who has dared to dream!

She possess the charm, inner beauty, and above all, the humility that has made Cinderella the object of admiration down through history.

Today's Cinderella Girl is timeless as the ages. She is as gracious as yesteryear...as up-to-date as today...as modern as tomorrow... with spiritual values that have bridged the chasm of time.

She has eyes that see only the good in others; hands that do something for others, feet that carry her on errands for others; and a heart that is loving, caring, and compassionate for all?

She possesses the qualities of good sportsmanship and is dedicated to setting the right example for her community, state, and nation.

She believes that pageants can develop leadership in young ladies through a united effort with Cinderella girls everywhere.

Official Yearly Program Checklist

As a Cinderella Girl you must always remember you are a representative of this "service oriented sorority". You must hold high the sorority standards at home, at school, at play, and in your social relationships. Remember, a Cinderella Girl can always be identified by her attitudes towards other people, her community, her state, and her nation.

The goals of the Cinderella Girl Sorority are most important in that we are **striving to make the world a better place in which to live.** We hope to do this by the dedication of outstanding young ladies who have qualified as sorority members. If we are to initiate positive changes in the world we must begin in the home with young ladies who will become the mothers, homemakers, and leaders of tomorrow. The true spirit of the Cinderella Girl Sorority, through dedicated effort and determination, can spread the high ideals and standards that we have set for ourselves into every walk of life in every nation throughout the world.

The following "Sorority Goals " were designed to help the "Cinderella Girl," take a more active role in her family and community. By participating in this program and setting and completing goals, she will find her character will grow. She will have a positive influence on family and friends, and others in her community. Her self esteem will grow immensely.

Special certificates and awards will be presented at the State Cinderella Pageant.

PERSONAL IMPROVEMENT

- Proper Hair care
- Conscientious Dental Care
- Complexion Care
- Proper Manicure
- Garment Selection
- Shoes Polished
- Proper clothes Hanging
- Cleaning Of Clothes
- Daily Exercise
- Well Balanced Diet
- Sufficient Rest
- Posture and Visual Poise
- Daily Reading
- Vocabulary Expansion
- Art Appreciation
- Regular Study Habits

FAMILY INVOLVEMENT

- Honor Father and Mother
- Be Kind to Brothers and Sisters
- Help With Chores
- Household Appearance
- Make Up Your Bed
- Keep Bedroom Tidy
- Orderly Schedule
- Clean Home, Heart and Mind
- Discuss Family Problems
- Share Views and Ideas
- Accept Parent's Decisions
- Field Trip to the Museum
- Family Picnic
- Other Cultural Activities

COMMUNITY SERVICE

- Portray Leadership Ability
- Don't Be a Litterbug
- Organize Park Cleaning Day
- Observe Pollution Laws
- Check Safety Hazards At Home
- Help the Less Fortunate
- Visit Senior Citizens Activities

- Help the Handicapped
- Babysitting
- Washing the Family Car
- Running Errands

SOCIAL RELATIONSHIPS

- Respect For Others
- Avoid Gossip
- Promote Extra Effort
- Give Benefit of the Doubt
- Write Thank You To Friends
- Write Informal Love Letters
- Establish Sound Friends
- Look For Their Best Qualities
- Good Manners
- Good Graces
- Etiquette
- Set Positive Goals
- Do A Good Deed Each Day
- Be Courteous and Polite
- Be Helpful To All
- Say Hello To Those You See
- Smile! It's Contagious
- Be Cheerful
- Be Fair and Honest
- Be Truthful & Understanding
- Respect Property of Others
- Don't Be Jealous or Envious

SPIRITUAL GROWTH

- Moment Of Solitude Daily
- Acknowledge Errors
- Seek Divine Guidance
- Organize Family Prayer
- Share Spiritual Growth
- Form a Family Circle
- Avoid Unclean Thoughts
- Lead a Good, Clean Life
- Keep Good Company
- Attend Church Regularly
- Get Involved at Church

for a moment of thanksgiving before each meal. Remember the family that prays together stays together!

(d) Spiritual growth can be enhanced by reading inspirational materials and scriptures. Avoid exposing your mind and heart to things that are not "clean and wholesome." Our minds are like fertile soil in which seeds of through can flourish and grow. Beware of the seeds that you plant because ugly thoughts bear bitter fruit.

(e) Regularly attend the activities of the church of your choice.

We are not complete without knowledge of the creator and his plan for the universe. By surrounding yourself with friends who have the high ideals and standards it will be much easier for you to stay on the right path. We cannot help but be influenced by the company we keep.

**Note: With Permission, a "Project Of your Choice" may be substituted for a Regular Project with permission from your State Director. One suggestion would be to hold a class and invite someone from the community to come and teach a skill to you and your peers. Class Suggestions are: Modeling, Fashion, Make Up Classes, Home Economics, Physical Health, Voice and Diction, Hair Care, Book Reviews, Environmental Study, Etiquette, Inspirational Speaker, Art Appreciation etc.

Notes:

Yearly Program

1. PERSONAL IMPROVEMENT - Members must work toward improving themselves both physically, mentally and spiritually. Definite programs for self improvement should be established. Each goal chosen should be done for 1 month.

(a) Set a regular schedule for personal grooming, washing and brushing hair, dental hygiene, complexion care, manicure etc.

(b) Regular wardrobe maintenance - selection of garments, repairs, polishing shoes, planned purchasing, proper hanging, regular cleaning, etc.

(c) Planned physical culture - proper exercise, diet, sufficient rest, good posture, visual poise.

(d) Regular mental exercise. Establish a regular schedule for reading, improving your vocabulary and diction, and developing an appreciation for the arts. Practice good study habits and strive for academic achievement.

(e) Select one course in personal improvement to study during the year. If you can not afford a professional course, YMCA's, department stores, etc. usually offer inexpensive courses in modeling, figure control, etc. Your public library offers books and study courses on many subjects including speech, self improvement, and art appreciation. (or attend 5 makeup makeovers at Dillard's – Something that helps your personal improvement, etc.)

(f) Respect and do not abuse your body. Keep yourself mentally, morally and physically fit. Do not indulge in drugs of other stimulants or situations that would compromise your purity or would blur your mental capacity or your ability to choose right from wrong.

2. FAMILY INVOLVEMENT - Sorority members should contribute their part toward the improvement of their own family unit.

(a) Respect and honor your mother, father or guardian and other members of your immediate family

(b) Contribute something towards the overall family life. Accept one household duty as your own personal responsibility.

(c) Keep your personal belongings in order. Make your own bed and keep your own room tidy. The Cinderella Girl, by living an orderly life, will have time to help the other members of her family when they need her and will be an inspiration to those around her. Remember: Clean

home, clean hearts, clean mind, clean thoughts, clean conscience.

(d) Help establish a "family council" in which each member of the household can express their views on family problems. Remember though, every household must have a leader and the "final decision" must come from your parents.

(e) Help create at least one family cultural experience per month. Suggest a trip to an art museum, the opera or theater, concerts, or perhaps a family music and literature appreciation hour in the home.

3. COMMUNITY SERVICE - Members should participate in as many community service projects and activities as possible.

(a) Join a club of organization that does some worthwhile service for the entire community. The Cinderella Girl is not just a joiner and takes an active part in the organizations projects and functions.

(b) Do a major service project each month that takes at least 3 hours.

(c) Make a personal contribution toward cleaning up our environment. Do not litter! Organize your friends to spend a day cleaning up your park or playground. Help reduce pollution! Make a pollution check in your home.

(c) The Cinderella Girl uses her talents to help the less fortunate. Help organize a youth group to perform at a children's hospital or senior home. If you have artistic talents, perhaps you could make flower arrangements or other gifts for a home for the aged. Maybe you would like to adopt a shut in for whom you can run errands or regularly visit and read to someone who is blind. Remember: It is more blessed to give than receive.

(d) Find a way to earn some personal money to contribute to a worthwhile cause like the March of Dimes, Easter Seals, Muscular Dystrophy, Cancer, Cystic Fibrosis, etc. Perhaps you can earn money by baby sitting, washing the family car, or running errands. Whatever the method, remember, a gift that you have personally earned will mean so much more to you as the giver.

4. SOCIAL RELATIONSHIPS - Every Cinderella Girl should practice the Golden Rule in their associations with other people.

(a) Always treat other people in the same manner that you would like to be treated. **Do not participate in gossip.** Always go that extra mile and give that extra effort in everything you do. Give everyone the benefit of doubt until they are proven guilty or innocent. Remember, the loving heart is a forgiving heart.

(b) Set aside a special day to write thank you notes to your friends.

A simple unexpected "Thank You" or "I love you" can be one of the most valued gifts in the world.

(c) Try to establish a friendly relationship with everyone; judging not their faults, but rather searching out their best qualities upon which a lasting friendship can be built.

(d) Study and practice the rules of good manners, social graces, and etiquette. Always try to do what is socially proper... even though it may not be socially popular.

(e) Set some positive goals that will improve your social relationships. Set out to do a Good Deed for someone each and every day. It may be as simple as helping an elderly person cross the street or opening a door for someone who is laden with packages. A Cinderella Girl should be helpful, courteous, polite, and above all, respectful to others.

(f) Begin each morning with a cheerful "hello" and a kind word to the first person you meet... and continue this practice throughout the day. The most contagious thing a person can have is a smile. Your attitude will reflect in the attitudes of others. A happy "have a nice day" to a waitress, sales clerk, or whoever you meet will bounce right back with happiness in your own life.

(g) The Cinderella Girl is always fair, honest, and understanding in her relationships with other people. She is truthful, but respects the feelings and opinions of others. She always respects the property of others and is neither jealous nor envious.

5. SPIRITUAL GROWTH - Nothing is more important to the Cinderella Girl than her spiritual growth and development. She realizes that the total being is composed of more than just the physical, mental and social processes. An important part of her self improvement program is her spiritual growth and her awareness of the true meaning of life.

(a) A regular time for meditation and self reflection should be set aside each day. Spend these precious moments in quiet solitude. Search your heart and take cognizance of the gifts of life that you have been given. Acknowledge your errors and injustices against your fellow man and seek divine guidance in all that you say and do.

(b) Help establish a regular family devotional period in the home. This can be a time when the whole family can share in each other's spiritual growth. Example: Read Spiritual or Inspirational Materials

(c) Encourage the family to form a family circle by joining hands

Official Cinderella Sorority Handbook



Based on the
Original Cinderella Girl Sorority Handbook
Created by Carl David Dunn in 1976
Revised.....September 2007

This Book Belongs to:
