

Describing your 4-H work isn't easy. To help you, here is a list of action and power verbs. The purpose of using them is to show others that you have gotten things done. Begin the entries in your 4-H portfolio with an action or power verb:

4-H'ers with..., clean-up committee..., ice cream at 4-H booth...,
, , , etc. anticipated appointed appraised approached approved arbitrated arranged

ascertained asked assembled assigned assumed assessed assisted attained
attracted audited augmented authored awarded broadened built

calculated captured carried out cast chaired changed checked chose circulated
clarified classified cleared closed co-authored collaborated collected combined
committed communicated compared compiled completed composed computed
concluded condensed conducted conferred consolidated constructed consulted
contracted contrasted contributed contrived controlled converted convinced
coordinated corrected corresponded counseled counted created critiqued

decided decentralized decreased deferred defined delegated delivered
demonstrated described designated designed developed devised devoted directed
disclosed discounted discovered displayed dissembled distinguished distributed
drafted

earned edited elected eliminated encouraged enhanced enriched entered

formalized formed formulated fortified found founded framed fulfilled functioned
furnished gained gathered gauged gave generated governed graded granted
greeted grouped guided handled headed hired hosted



identified illustrated implemented improved improvised increased influenced