



Finding Your Sparks

Name _____

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A **spark** is more than just a passing interest or a talent. It's what you're passionate about. It's your very favorite hobby, something you really love to do. It's what unleashes your energy and joy, gives your life purpose and focus, and allows you to make your own unique contribution to the world.

Everyone has, or can have, a spark, or two or three. These can be sparks you have already discovered and are working on, or they can be sparks that you are interested in exploring or trying, or a mix of both. They can be things you are already good at, or they can be things that you want to be good at, or things you think are fun and exciting. Your spark could be playing soccer or painting pictures or studying science or playing the guitar.

Whether you know any of your sparks now or not, it's definitely worthwhile to explore, identify, and develop your sparks. Why? Because teenagers who know and develop at least one spark and have three or more caring adults who help them with their spark are likely to have some great advantages and benefits:

- **Higher grades in school**
- **Better friendship skills**
- **Better physical health**
- **Better school attendance rates**
- **More likely to volunteer to help others**
- **More likely to care for the earth and its resources**
- **More likely to have a sense of purpose**
- **More likely to say they are “on the road to a hopeful future”**

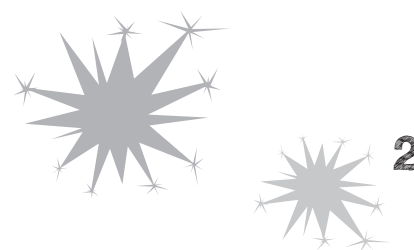
Those are all good things to have, and things that can lead you to success in school and in the future. But that's not all. Teenagers who have a spark *and* the “spark supporters” who help develop it also are:

- **Less likely to be sad or depressed**
- **Less likely to be mean to others**

So, more good stuff. Exploring and identifying your sparks helps you have more fun in your life and find out more about who you are and who you want to become.

Now let's start exploring! On the other side of this sheet is a listing of some popular clusters of sparks. Your goal is to read through them, choose up to three clusters you are interested in, and then add ideas for sparks that go in those clusters.

Spark Clusters



Read the clusters and examples, star your favorite three clusters, and add your own spark ideas!

Spark cluster	Spark examples	More spark ideas
Doing art, music, drama, or writing	Drawing, playing an instrument, singing, acting in a play, doing stand-up comedy, writing a poem	
Building or making things, or taking things apart	Working on cars, building a tree house, fixing a broken vacuum cleaner or clock	
Doing physical activities or sports	Dancing, doing karate, playing a team sport, gymnastics, running track	
Helping people or the environment	Doing a park clean-up, raising money for homeless people, visiting people who are lonely	
Being outside in nature or taking care of animals	Camping, hiking, collecting beautiful rocks, walking your dog, riding horses	
Using computers	Making your own website, playing video games, watching movies	
Thinking of ways to start a business or make money	Running a lawn-mowing business, doing chores for a neighbor, making crafts to sell, learning to cook	
Learning, reading	Reading novels, studying history or volcanoes, using a microscope or telescope, doing math games	
Teaching other people how to do things	Babysitting your younger brother or sister, being a tutor to a younger student	
Leadership	Being in student council, organizing pep rallies, starting a club, working to make your school better	