



Finding Your Sparks

Name _____

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 social 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 them develop it also are:

- **Less likely to experience depression**
- **Less likely to engage in acts of violence toward 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.