

It Starts with a Spark!

A discussion exercise for adults and youth

Write down something you enjoy doing and want to get better at:

What first got you interested in trying it? Check all the answers that apply, and add your own thoughts on what motivated you. Then share your thoughts with the group.

It looked like fun!

- It seemed like something you could probably do
 - It involved peers you wanted to be with
 - Success didn't all depend on you
 - No one would be judging you, so the stakes were low
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Someone supported and encouraged you at the start

- They broke it down into steps
 - They did it with you
 - They praised your small successes
 - They showed you how to do better
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The activity had an audience that mattered to you

- At work or school
 - Among friends or family
 - In a public setting
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You had a personal interest in getting good at it

- To express yourself
- To grow into who you want to be
- To feel the pleasure of mastering new challenges

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