



Passion Day Assignment

If you could identify one thing that energizes you, you're really good at, that you really enjoy or are extremely passionate about, what would that be? This passion doesn't have to be a traditional talent, like playing an instrument or sports, but this can be an interest, hobby, or even a personality trait, like being a great listener or motivating others, etc.

Be ready to demonstrate that at our next meeting, **Passion Day!** You'll have 4 minutes in a small group to do these 3 things:

- 1. Demonstrate and explain your **talent, gift, or passion** through pictures, video, or live!
- 2. Bring any items that will help you display this (instrument, artifact, paintings, photos, video on phone, etc) You can use some of your time to demonstrate your interest.
- 3. You will explain why you love this, how you got good at it, how it makes you feel, and how this might help others.

**PART 1: To prepare for passion day, answer the following 6 questions:
(You will share these questions on Passion Day!)**

1. My passion is _____.
2. When did you know this was your interest, passion, gift, or talent?
3. Why do you love this so much?
4. How does this make you feel?
5. How did you get good at this?
6. How might your passion help others?

7. What artifact might you demonstrate on passion day?

(Note: If you don't bring anything to demonstrate, you'll lose out on the ability to share your interest with your peers. You will also learn less in the lesson as a result. You will still be asked to share because you are so valuable, that others must hear your passion. If you have any questions or concerns about the activity, please discuss it with your instructor.)

I will bring/show...

PART 2: Not sure what your passion might be?

(Answer these questions to help you decide what your talent, gift or passion might be!)

1. What makes you smile? (Activities, people, events, hobbies, projects, etc.)
2. Think about the most joyous times of your life. What were you doing?
3. What activities energize you and make you lose track of time?
4. What makes you feel great about yourself?
5. Who inspires you the most and which qualities inspire you in each person? (Anyone you know or do not know. Family, friends, authors, artists, leaders, etc).
6. What are you naturally good at? (Skills, abilities, gifts, etc.)
7. What are you good at giving or doing for others?
8. If you could do one thing for the rest of your life without getting paid for it, what would it be?
9. Now, look at your responses to questions 1-8. Which idea seems to stand out the most? This is your passion! Write your passion here: