



Unit: Personal Vision and Goals
Skill 6: Determining Motivation
Activity B: Sharing Your Motivation

Worksheet

Sharing Your Motivation

As a group, agree upon something you are all passionate about (such as sewing, biking or photography etc.) and figure out how your passion could be used to motivate other people. List examples for each of the following categories:

- Teaching or mentoring
- Joining a group or a movement
- A career
- Creating, making or building something
- Communicating with others

The passion our group chose is _____.

We could teach or mentor others by....

We could join a movement or organization that...

We could choose a career path such as...

We could create, make or build....

We could communicate with others by...