



## Unit: Personal Vision and Goals

### Skill 6: Determining Motivation

#### Activity B: Sharing Your Motivation

#### Activity Skills:

Small group discussion, creative thinking, personal reflection.

#### Leadership Skills:

Motivating others, communication, action planning.

#### Suggested Level:

Advanced

#### Time:

30-40 minutes

#### Supplies needed:

- Whiteboard or large sheet of paper and writing utensil.
- Pencil and paper for every participant.

#### Do Ahead:

Read instructions, evaluate your own personal motivations.

#### Source:

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#### BACKGROUND:

One thing all leaders have in common is that they are passionate about something. This activity encourages participants not only to consider what it means to be passionate about something, but to examine some ways to share their passions and motivate others.

#### WHAT TO DO:

Have participants brainstorm an idea map on a whiteboard or a large piece of paper answering the phrase, "Being passionate about something means..." Their idea map might look something like this:



The next section of this activity examines how an individual's passions can be used to motivate others. The five core areas are:

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

Divide participants into groups of 3-4 people and distribute the

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**Notes:**

worksheet, "Sharing Your Motivation." Instruct each group to choose something they are all passionate about and come up with activities that will satisfy each of the five core areas as outlined above.

**TALK IT OVER:**

**Reflect:**

- What passion did your group choose?
- What are a few of the ways you could use your passion to motivate others?

**Apply:**

- Think about one of your passions. What is something you could do personally to share your passion with others?
- Can you name some people who use their passions to motivate and influence other people? Who are they?

**BEYOND THE BOX:**

**Optional Homework:**

**Option 1:** Think about one or two of your passions. Find out if there are any clubs related to your passion in your area. Make a list of the clubs as well as where and when you meet. While you're at it, consider joining one of the clubs!

**Option 2:** Many newspapers feature a section for people to contribute articles about their personal interests. Write 2-3 paragraphs about something you are interested in as if you were writing for the newspaper. You might even consider submitting your article to the local newspaper!

**Option 3:** Read an article related to the subject you're passionate about and write a paragraph summarizing what you have learned.

**Resources And Web Links:**