



ACTIVITY: That's Interesting!

Purpose

The purpose of this activity is to:

- Increase self-awareness of skills and talents
- Prompt participants to develop new interests

ESTIMATED TIME

10-15 minutes

MATERIALS

Required:

- A. Paper
- B. Pen or pencil

Background

In the book *Grit: The Power and Passion of Perseverance*, Angela Duckworth says that people with the highest resilience have four common traits: interest, practice, purpose, and hope.

The process of developing an interest into a skill by working hard and sticking with it creates resiliency. Use this activity to identify how to take what you like and develop it into something that creates purpose.

Activity

Guide participants through the following questions. Give them a couple of minutes for each question and have them write down their answers. After everyone has completed the four questions, discuss in a large group or break down into smaller groups or pairs to share.

- 1) Interest: Ask participants to think of something that interests them. This could be a natural talent or activity that they would be willing to put time and effort into.
- 2) Practice: Once everyone identifies an interest, think about how each person could challenge themselves to improve in that area.
- 3) Purpose: Ask participants how practicing their interest contributes to their well-being or the well-being of others.
- 4) Hope: Ask participants to identify how growing this interest will lead to failure or challenges. How can you motivate yourself through difficult times or failure?

Discussion Questions/ Key Points

If someone asks you to define yourself, what are some of the interests that you talk about?

Can you think about a time when a hobby or interest helped you get through a tough time, or taught you more about yourself?

Is anyone committed to moving forward with the interest they've identified?

Follow-up

Revisit the topic with the group in a couple of months. Has anyone started putting more time or effort into their particular interest? Invite participants to share their experience.