

ACTIVITY: That's Interesting

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.

Try This!

Grab a pen and paper and take a few minutes to write down answers to the following questions.

- 1) Interest: What is something that interests you? This could be a natural talent or activity that you would be willing to put time and effort into.
- 2) Practice: How could you challenge yourself to improve in this area?
- 3) Purpose: How could practicing your interest contribute to your well-being or the well-being of others?
- 4) Hope: How might growing this interest lead to failure or challenges? How can you motivate yourself through difficult times or failure?

Make a 3 month plan to grow your interest by increasing how often you practice. Make sure your plan is specific and realistic. Share your plan with a friend and make plans to check back in on your progress in a few months. Specifically, reflect on how this interest has contributed to deepening your purpose and reflect on how you were able to maintain hope despite obstacles or adversity that you may have faced along the way.