

Develop Your Passions



“FOLLOW YOUR PASSION” IS GO-TO ADVICE AT COMMENCEMENT SPEECHES... AS IF LIFE WERE SO SIMPLE.

MAYBE “DEVELOP YOUR PASSION” IS A BETTER WAY TO PUT IT, AS STANFORD PSYCHOLOGIST GREGORY WALTON SUGGESTS: “IF YOU LOOK AT SOMETHING AND THINK, ‘THAT SEEMS INTERESTING, THAT COULD BE AN AREA I COULD MAKE A CONTRIBUTION IN,’ YOU THEN INVEST YOURSELF IN IT. YOU TAKE SOME TIME TO DO IT, YOU ENCOUNTER CHALLENGES, OVER TIME YOU BUILD THAT COMMITMENT.”

Discussion Questions

1. Thinking about your home or community, what are some activities you find interesting in which you might get more involved?

2. What fascinating topics might you dig into a little deeper?

3. What area would you like to learn more about?

Take Action

So, what's your passion?

Angela Duckworth is an expert on grit, which she describes as a blend of passion and persistence. If you have yet to foster a passion, she suggests you start at the beginning.

Let's follow Duckworth's advice and dig down to discover the things that you might be passionate about. Think about:

1. What I like to think about
2. Where my mind wanders
3. How I enjoy spending my time
4. The simple pleasures I appreciate
5. Places or areas I would like to further explore
6. The next things I would like to learn
7. One place I could begin

We'll bet that once you work your way through the list of prompts, you'll be well on your way to discovering your passions!

What would it look like to live according to your passions at home or in your community?

