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# 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 work environment, 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?

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# 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 work or in your community?**

