

# SPARKS CONVERSATION QUESTIONS

## Discover your Spark

Sparks are passions and skills that are meaningful and motivating. Sparks come from inside a person, rather than being forced from the outside. A Spark is more than just a passing interest or talent. It's what unleashes your energy and joy, gives your life a purpose and focus, and allows you to make a unique contribution to the world. Examples of Sparks include: dance, training animals, and participation in student government. Sparks are what inspire you to light up inside.

Do you have Spark(s)?

Definitely

I Think So

Maybe

No

If you answered: "Definitely" or "I Think So" go to page 2

If you answered: "Maybe" or "No" go to page 4

Start here if you answered "Definitely" or "I think so" to the first question.

<b>1. Describe your Spark(s) in the box below.</b>
<b>2. Describe what you love most about your Spark(s).</b>
<b>3. How do you think working on your Spark(s) could help you to make a contribution to your family, your community, your friends, etc.</b>
<b>4. How often do you work on your Spark(s)?</b>
Every day      ·····      Most days      ·····      Sometimes      ·····      Hardly ever
<b>5. Describe the actions you take to work on your Spark(s).</b>

SPARKS

**6. Go Ahead and Dream! What additional actions can you take to develop your Spark(s)?**

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**7. How much do you agree or disagree with this statement? "I am not afraid to talk about my Spark(s) or show people what my Spark(s) are."**

Strongly agree	Agree	Disagree	Strongly disagree
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**8. Do you have Spark Champion(s) - caring adults or friends who help you explore and develop your Spark(s)?**

Yes, three or four	Yes, one or two	Yes, one	No, not yet
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**9. Describe your Spark Champion(s). Or, describe your ideas for finding one or two caring adults to support you with your Spark(s).**

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**7. How much do you agree or disagree with this statement? "I set goals about developing my Spark(s)".**

Strongly agree	Agree	Disagree	Strongly disagree
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**THE END!**

Start here if you answered "Maybe" or "No" to the first question.

1. What makes you want to jump out of bed in the morning?

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2. What makes you dread getting out of bed? (Sometimes talking about the things that aren't your spark can give you clues about finding it.)

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3. Describe something that you've done that you are proud of.

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4. Which day is your favorite day of the week? What do you look forward to doing on that day?

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**5. Think of someone who actively pursues his or her spark. Describe what you see.**

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**6. If you could spend a whole day doing anything you wanted, and money was unlimited, what would you do? Why?**

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**7. Take a minute to read and think about your answers to the questions above. Do any of your answers give you a hint about your Spark(s)? If so, describe what you have learned about yourself and your possible Spark(s).**

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**8. Go Ahead and Dream! What additional actions could you take to learn more about your Spark(s)?**

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**THE END!**