

FOCUS WORD: follow your passions

INTRODUCTION

POSSIBLE ACTIVITIES

POSSIBLE RESOURCES

JOURNAL WRITING

30

RESPECT BASICS

Exploring Your Passions

Purpose

To identify your passions and how they are connected to self-respect.

Prep Steps

- None.

Alternatives

- 1 Have a conversation using the instructions.

follow your
PASSIONS

ACTIVITY

Instructions

●● OPENING ●●

- 1 **Share purpose.** Today our focus is on respecting ourselves by finding out more about our passions.
- 2 **Discuss passions.** (Pick at least three discussion questions from the list.) We'll go around the circle and each of you share:
 - One thing I wish I could do in my spare time is ... because I want ... (Pause between prompts to allow time to share. You may have to repeat questions for first few participants. Alternatively, write and display questions.)
 - Someday I want to learn to ... because I want ...
 - Following my passions makes me feel ...
 - A person I admire who follows his or her passions is ... because he or she ...
 - It is important that I follow my passions because ...
 - One thing I love to do is ...
 - One thing I am really good at is ...
 - One thing I want to learn about or do that I haven't done yet is ...
- 3 **Reflect.** What gets in the way of us following our passions? What can we do to overcome these obstacles? Who will share? (Get at least three examples.)
- 4 **Debrief.** What do you gain from following you passions? Who will share? (Get at least three examples.)

●● CLOSING ●●

Future Self

Purpose

To connect practicing The Respect Basics to achieving your future dreams.

Prep Steps

- Review script in step 2 prior to delivering it.

Alternatives

- 1 Read the script to one participant and have a conversation using the prompts in step 3.

Instructions

●● OPENING ●●

- 1 **Share purpose.** Today our focus is on exploring what we need to do today to reach our future goals.
- 2 **Read Future Self script.** One way to explore our passions is to think about who we want to be in the future. We'll do this through a guided meditation. (See back of card).
- 3 **Reflect.** Now we'll go around the circle and each of you please share:
 - What was your Future Self doing? (Pause between prompts to allow time to share. You may have to repeat questions for first few participants.)
 - What was the one word he/she told you to remember?
 - What Respect Basic do you need to practice more to become your Future Self?
- 4 **Debrief.** Future Self shows us that if we follow our passions, our self-respect grows. It also shows us how to trust our gut, because Future Self is all about listening to ourselves first so that we can make choices today to have the future we want tomorrow. What did you get out of this activity? (Get at least three examples.)

●● CLOSING ●●

ACTIVITY

Guided Meditation

Please close your eyes and pay attention to your breathing. Put your hand on your stomach as you feel your breath go in and out. Now, picture yourself standing before a peaceful lake or pond. Drop a pebble into the water and notice the water rippling out. As the ripples flow further out and eventually slow down, the water once again becomes quiet and still and so do you.

Now turn around and picture a red door in front of you. This door leads to another world. Turn the handle and step through the door. This door has led you to a time **5 years from now**, where your Future Self lives. Across the street, you see your Future Self's home. Where does your Future Self live? (Pause 10 to 15 seconds between questions.)

As you arrive at your Future Self's home, take a moment to notice your surroundings.

Knock on the door—you're about to meet your Future Self. As they open the door, take a good look around.

What do they look like? How old are they? What does the inside of their home look like? Is anyone else there?

Now you get to have a conversation with your Future Self. Sit down somewhere comfortable in their home. Ask them: What are you doing with your life? What is one goal you've accomplished that you're really proud of?



Now tell your Future Self one thing that is really worrying you right now. And ask them: How did you overcome this challenge or heartache?

Next ask them: What are three special qualities that you see in me that I need to remember?

Finally, ask them to tell you one word to remember when you need support to keep going toward your goals. What is that word? Remember it.

Thank your Future Self for sharing their wisdom with you. Now turn to leave. As you exit through the door of your Future Self's house, you will find yourself entering this room. Before you shut the door, turn back to take one more look at your Future Self. When I count down from three, you will be refreshed and ready to remember everything about your inner journey. Three ... coming back to present time, feeling more alert ... Two ... stretching your body, feeling the ground beneath you ... And one ... open your eyes.

Follow Your Passions

During a  or  session, you can assign a variety of journal prompts to explore this Respect Basic in writing. You can also combine the exercises of writing, speaking and listening by adding a partner sharing component or engaging the entire circle in a discussion about the journaling topic.

Journaling Topic	Prompts
My passions. Today our focus is respecting ourselves by finding out more about our passions	<ul style="list-style-type: none"> • One thing I wish I could do in my spare time is ... because I want ... • Someday I want to learn to ... because I want ... • Something I'm good at but want to practice more is ... because ...
Role models. Today we'll explore what it's like to follow our passions	<ul style="list-style-type: none"> • A person I admire who follows his/her passions is ... because he/she ... • It is important that I follow my passions because ... • Following my passions makes me feel ...
Follow the feelings. Today we'll discover how our feelings can point us to our passions	<ul style="list-style-type: none"> • I feel best when I'm ... • I often lose track of time when I'm ... • When I feel down, what cheers me up is ... because ...
Staying passionate. Today's focus is finding ways to maintain our passion and focus	<ul style="list-style-type: none"> • People that support me are ... • Things that inspire me to stay on track include ... • I stay on track and focused on my goals because ...

●●TIP!● See card #33 for additional engaging journaling questions.

JOURNAL



Instructions

●●OPENING●●

- 1 Share purpose.** Today our focus is on exploring our passions by writing a vision statement for our lives.
- 2 Fill in the blanks.** A vision statement is a way to describe why you matter and your passions. It serves as inspiration to guide you in making decisions today to respect yourself so you can reach your goals. Complete the statements listed on the poster on a piece of paper:
 - I am a _____, _____ and _____ leader.
 - I possess wonderful talents and skills, like _____ and _____.
 - One painful past experience I can use to power my passions is _____.
 - In 5 years, I will be _____.
- 3 Create a vision statement.** Now based on your answers to these questions, take a few moments to write your vision statement in one or two sentences on an index card, starting with the words: I was born to ... (Share your vision statement; e.g., I was born to spread respect for all people starting with how I treat myself.)
- 4 Debrief.** To close our activity, go around the circle and share your vision statement.

●●CLOSING●●

Discussion Questions

Here are some additional discussion questions you can use with a  or  to explore and practice Follow Your Passions:

- What inspires you most in the world?
- What goals do you have for your life/family/education?
- What is one talent you have that you also enjoy?
- Who do you admire as a leader? What about this person inspires you?
- What would you talk about if you were invited to speak on a popular TV talk show?
- What does the word "success" mean to you? Do you consider yourself successful?
- What is your dream job?
- What do you feel strongly enough about to protest it as an activist?
- What is your favorite way to spend a Saturday?
- What are you passionate about that your friends or family don't support? What is the impact on you?
- What are ways you can build a better support network for your passions?
- Based on what we discussed, what's one way you are going to practice Follow Your Passions?

•TIP!• See card #61 for additional engaging discussion questions.

Follow Your Passions

Purpose: To discover insights into who we are and what makes us tick.

Group Activity: "If I Were A ..."

1. Introduce the activity. Today we are going to play a game called "If I were a ..." I will select a category, and then you will share what type of thing you would be that belongs to that category and why.

2. Example. I will give an example. The category is books. If I were a book, I would be a comic book, because I like to have fun and go on wild adventures that help save the day! Now each of you share what kind of book you would be and why.

3. Additional rounds. The next category is animals. If you were an animal, what kind of animal would you be and why? [After everyone has had a turn to share] Next is clothing. If you were a type of clothing, what would you be and why? [Continue with as many categories as you have time for. You can also have the participants pick a category. Some additional categories include sound, color, flower, food, form of transportation, form of water, etc.]

4. Debrief. What insights did you gain through this game? What did you see about yourself?

Group Activity: Fishbowl

1. Introduce the activity. Today we are going to play a team game called Fishbowl. It is a chance to share things we like in a new way. First, divide into two teams (Team A and Team B). Have each person take three pieces of paper and write a word or short phrase describing something they like or love (a thing, not a person). Have each person fold his or her pieces of paper in half and put them into the container.

2. Round 1: Taboo. Team A selects someone to go first, while Team B chooses a volunteer to watch the timer. The person from Team A will grab a piece of paper from the container and try to have his or her teammates guess the word/phrase using only words and sentences that are not on the paper as hints. (For example, if the word is "ribs," the person can say "baby back ____.") The person cannot use any motions, "sounds like ...", or spelling hints. The person tries to have his or her team guess as many words/phrases as they can within one minute. If the team is unable to guess the word/phrase, the person has the option to "pass" once during his/her minute, putting the word/phrase back into the container and continuing with a new word/phrase. After one minute, Team A counts the number of successfully guessed words/phrases. Keep track of this number. Team B is next, and selects a volunteer from their team to start. A person from Team A will watch the timer, set at one minute. The teams alternate until all of the words from the container run out. Place all the words/phrases back into the container for the second round.

3. Round 2: Password. Like in the first round, the team up next will select someone to go first, while the other team sets the timer for one minute. However, in this round, the person can use only one word as a hint for his or her team to guess. (For example, if the word is "ribs," the person can say the word "bone.") The team needs to recall the words/phrases from the previous round. Once all the words in the container run out, count how many each team guessed and place them all back into the container for the third round.

4. Round 3: Charades. In this final round, the person needs to act and use motions as hints to enable his or her team to guess the word/phrase. (For example, if the word is "ribs," the person can point to his or her rib cage.) When all the words run out, tally all the rounds. The team who guessed the most words/phrases wins the game.

5. Debrief. What did you learn about people in your circle from this game?

