

# It Starts with a Spark!

*A discussion exercise for adults and youth*

Write down something you enjoy doing and want to get better at:

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What first got you interested in trying it? Check all the answers that apply, and add your own thoughts on what motivated you. Then share your thoughts with the group.

## **It looked like fun!**

- It seemed like something you could probably do
  - It involved peers you wanted to be with
  - Success didn't all depend on you
  - No one would be judging you, so the stakes were low
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## **Someone supported and encouraged you at the start**

- They broke it down into steps
  - They did it with you
  - They praised your small successes
  - They showed you how to do better
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## **The activity had an audience that mattered to you**

- At work or school
  - Among friends or family
  - In a public setting
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## **You had a personal interest in getting good at it**

- To express yourself
- To grow into who you want to be
- To feel the pleasure of mastering new challenges

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