



Season 2 | Episode 3

Colm Dillane

Instructions: Watch the video on YouTube ([LINK HERE](#)), and then answer the questions below on this page.

[Writing Prompt 1] Self-awareness includes the ability to identify our emotions and then being able to recognize what is causing those emotions.

Think about the positive emotions that you've had since school closings began. List 2 or 3 things that caused those positive emotions.

[Writing Prompt 2] Next, write 2 or 3 sentences describing what you can do to help create more of those positive emotions – for yourself, for your family and for your friends.

[Writing Prompt 3] In episode 3, Colm Dillane shares his desire to make the best out of every situation. Oftentimes, this is done through shared enthusiasm. School closing are not fun. Missing our friends and school events isn't what any of us would hope for. However, with a focus on positivity, we can make the best out of this situation.

Write an enthusiasm plan for the week. Include the following: 1) What will you be enthusiastic about (a project, a new skill, etc.)? 2) How will you share your enthusiasm with others?

share your enthusiasm on social media using #believeinyouchallenge

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