Use the boxes below to explore what determination means to you. Think about the why, when, what, and how of determination in your life.

<table>
<thead>
<tr>
<th>Why is determination important?</th>
<th>When can you practice determination?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</table>

**Determination**

Certainty and firmness about a purpose with a willingness to work toward that purpose.

<table>
<thead>
<tr>
<th>What does Determination look like?</th>
<th>How does determination make you feel?</th>
</tr>
</thead>
<tbody>
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<td></td>
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</tr>
</tbody>
</table>

Watch the Ted Talk, *Overcoming Challenges* to learn more. [Video Link](#)
Use the boxes below to explore what courage means to you. Think about the why, when, what, and how of courage in your life.

**Courage**

The ability and willingness to overcome fear in order to accomplish a goal or complete a task.

- **Why is courage important?**
- **When can you practice courage?**
- **What does courage look like?**
- **How does courage make you feel?**

Watch the Ted Talk, *The Beautiful Balance Between Courage and Fear* to learn more.[Video Link]
Use the boxes below to explore what passion means to you. Think about the why, when, what, and how of passion in your life.

**Passion**

The collection of your life experiences that give you the deepest sense of fulfillment.

**Why is passion important?**

**When can you use you passion?**

**What does passion look like?**

**How does passion make you feel?**

Watch the Ted Talk, *Questions to Uncover your Passion* to learn more. [Video Link]
Use the boxes below to reflect on your passion. Reflect on your interests and how they spark your passion for helping others.

What skills do you enjoy developing?

Choose 1 skill listed on the left. How does that skill help the world improve?

When have you used that skill in a meaningful way?

How can you develop and use that skill in the future?

Passion

The collection of your life experiences that give you the deepest sense of fulfillment.

Watch the Ted Talk, *My Journey to Yo-Yo Mastery* to learn more. [Video Link]

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