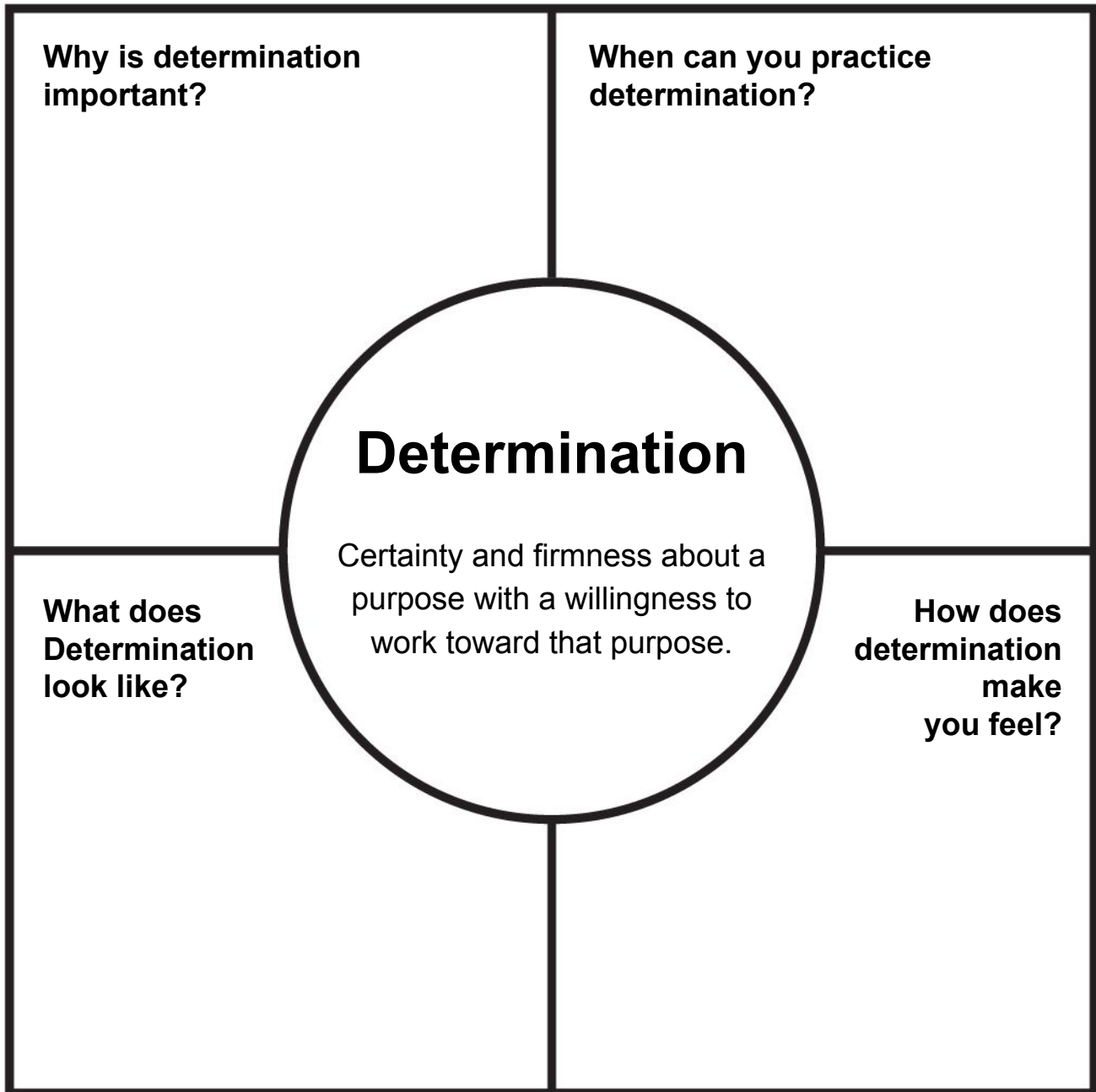


# BELIEVE IN YOU

VARSITY // BRANDS



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



Watch the Ted Talk, *Overcoming Challenges* to learn more. [[Video Link](#)]

# BELIEVE IN YOU

VARSITY // BRANDS



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



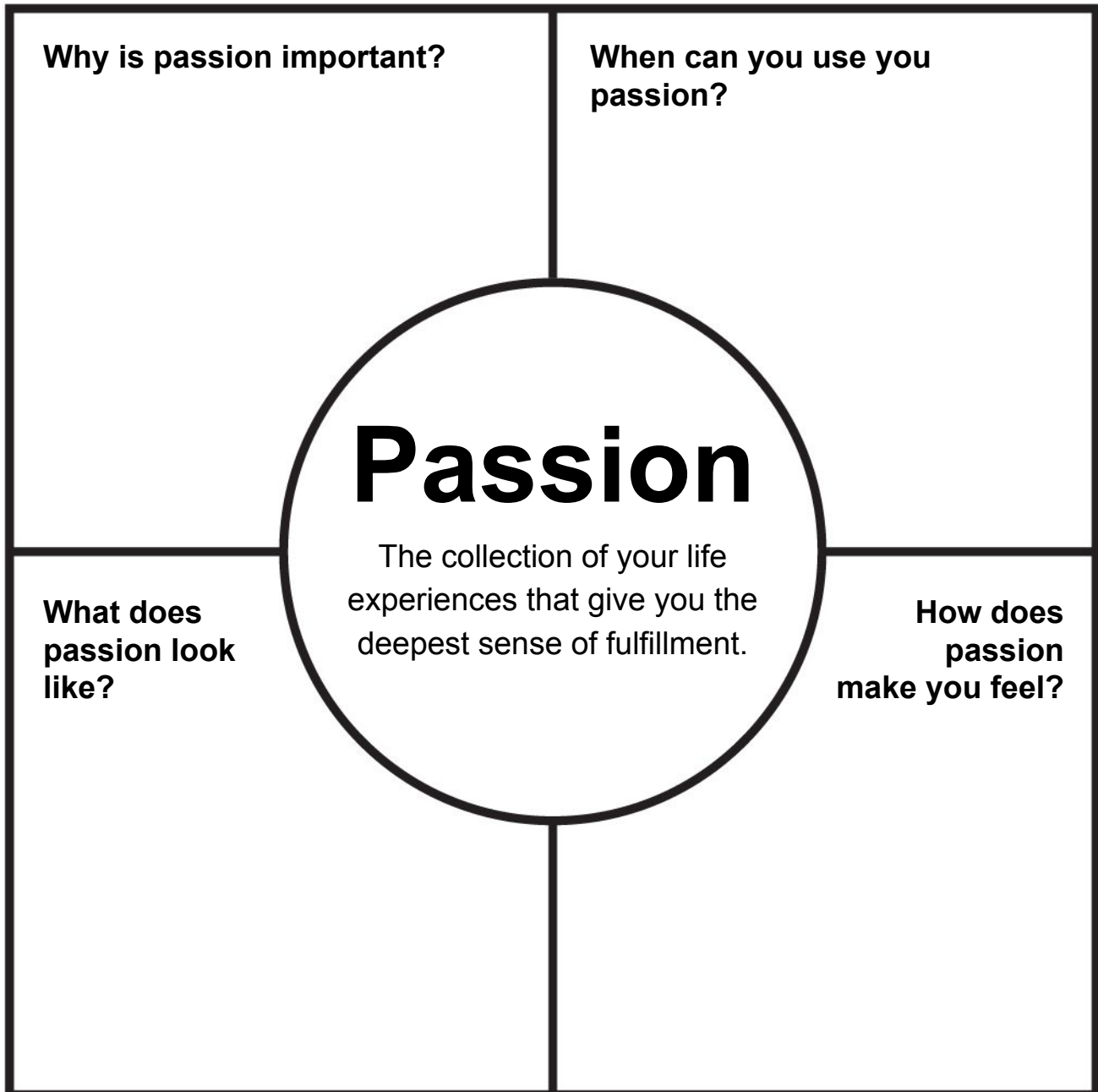
Watch the Ted Talk, *The Beautiful Balance Between Courage and Fear* to learn more. [[Video Link](#)]

# BELIEVE IN YOU

VARSITY // BRANDS



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



Watch the Ted Talk, *Questions to Uncover your Passion* to learn more. [[Video Link](#)]

# BELIEVE IN YOU

VARSITY // BRANDS



Use the boxes below to reflect on your passion. Reflect on your interests and how they spark your passion for helping others.

<p><b>What skills do you enjoy developing?</b></p>	<p><b>Choose 1 skill listed on the left. How does that skill help the world improve?</b></p>
<p><b>Passion</b></p> <p>The collection of your life experiences that give you the deepest sense of fulfillment.</p>	
<p><b>When have you used that skill in a meaningful way?</b></p>	<p><b>How can you develop and use that skill in the future?</b></p>

Watch the Ted Talk, *My Journey to Yo-Yo Mastery* to learn more.

[\[Video Link\]](#)