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MAKE SPARKS FLY

Explore Your Spark: Identify Your Strengths!

Know your spark strengths: A spark can be an activity that energizes you (which we explored in lesson one), but it can also be a special strength or talent. We were all born with them. These natural strengths and talents have the potential to be developed and fueled throughout our lifetimes. Young people who are thriving—not just surviving or getting by—are aware of and use their interests, talents and abilities to contribute to a better world. If you were asked, “What are your personal strengths?” would you be able to answer with confidence? Review the list of personal qualities and strengths below and circle those you possess. Be sure to add any strengths and qualities that are not included in the list.

- | | | |
|---------------|-------------|--------------|
| loyal | inventive | responsible |
| trustworthy | sociable | thoughtful |
| friendly | tenacious | daring |
| emotional | reflective | imaginative |
| persevering | ambitious | curious |
| introspective | practical | wise |
| warm | bold | relaxed |
| cool | academic | modest |
| healthy | resourceful | realistic |
| kind | thorough | tolerant |
| tactful | competent | honest |
| open-minded | energetic | artistic |
| stable | respectful | independent |
| adventurous | adaptable | determined |
| humorous | patient | reserved |
| hard-working | direct | serious |
| intelligent | confident | cooperative |
| sensible | mature | fair-minded |
| efficient | logical | quiet |
| optimistic | informal | original |
| spontaneous | forgiving | supportive |
| sincere | outgoing | formal |
| purposeful | calm | enthusiastic |
| considerate | motivated | witty |
| polite | organized | reliable |
| tough | careful | good-natured |

See the impact others have in your

world: Every day there are people who use their “sparks” to make their own unique contribution to the world. Look through USA TODAY and find a person (or group) who has made an impact in our world by using strengths and talents. Now that you have examined how another is using his/her spark, think about your spark, the strengths and talents you possess. Reflect on how you might use your spark to impact your world and write your ideas below.

Impact your world: Begin to use your spark today by creating a Teen Service Announcement (TSA). Go to at15.com to become a member so you can see how other young people have used their special strengths and talents to create their own TSA. Once you reach the home page, click on “more videos.” Here you will find a list of celebrity TSAs to view. Each TSA has a message that matters to these celebrities—their spark. What impact do you want to have in your world? Write some ideas on the back of this page. Then, create your own TSA, upload it to YouTube or your Facebook page. And/or submit it to USA TODAY’s National Gallery at <http://galleryofwriting.org/galleries/114353>. Use your spark to get your message out!

