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MAKE SPARKS FLY

Believe In Yourself

Develop a positive identity: According to research conducted by Search Institute, young people who have a positive identity (along with several other specific developmental assets) are most likely to thrive in their lives. In other words, these young people will probably live prosperous, successful and flourishing lives. Read each statement below and circle the response that is most true for you:

<input type="radio"/>	•••••	<input type="radio"/>
1. I feel I have control over things that happen to me.	•••••	•••••
Always	Sometimes	Rarely
Never		
2. I feel I have a high self-esteem (pride for myself; self-respect).	•••••	•••••
Always	Sometimes	Rarely
Never		
3. I feel my life has purpose and direction.	•••••	•••••
Always	Sometimes	Rarely
Never		
4. I am optimistic about my future.	•••••	•••••
Always	Sometimes	Rarely
Never		

Observe thriving lives: Young people who live thriving lives tend to know their sparks (the special interest and abilities they are passionate about), use their sparks to contribute to a better world and receive support and encouragement from parents and other adults in their lives. Find an example of a “thriving life” in USA TODAY. What is this person’s spark? Why is this person thriving? What life lesson(s) can you learn and apply to your own life as you develop your positive identity and enhance your spark? Record your responses below.

On the back of this page, do a five-minute quick write to reflect on your responses above. Use the questions below to help you. People who answer “always” or “sometimes” to the statements above tend to have a positive identity.

- Do you have a positive identity?
- Do you believe in yourself?
- How can you develop a positive identity in yourself and others?
- How can having a positive identity develop and fuel your spark?

If you feel comfortable, share some of your thoughts with a partner or small group.

Contribute to a better world: Join young people across the country who are thriving as they contribute to a better world. Go to www.at15.com and become a member. Check out the Change Exchange program. Read about the four featured charity partners you can support and find out more about their positive contributions. Learn about how you can choose the organizations who will receive donations from @15. Send an email to the @15 website to suggest a charity partnership you would like to see in the future. Start thriving today as you help others make a positive impact in our world.

