

My Interests

My Network

My Plans



# FINDING MY PASSION

DIGITAL PLANNER



Name:



# Step 1

## EXPLORING MY INTERESTS

**Instructions:** Gather information about participating in two potential activities that interest you. Share information with group members who have similar interests. Put links to any resources or information you find online in the boxes.

### Interest Area:

#### Brainstorming Questions

#### Activity 1

#### Activity 2

Two potential activities that interest me are:

What about this activity is inspiring to me?

What words come to mind when I think of this activity?

*Examples: "creativity," "challenging," "leadership," "teamwork"*

What talents or strengths do I already have that will help me with this activity?

What skills or qualities can I gain from participating in this activity? How can these skills or qualities help me make healthy decisions?



# LOCATION, LOCATION, LOCATION



## Brainstorming Questions

Can this activity be done at school? How do I find out?

Are there spaces in or around my home where I can practice or participate in this activity?

Are there opportunities to participate in this activity in my community?

If not, how can I start the activity?

## Activity 1

## Activity 2




# LEARNING



## Brainstorming Questions

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*If classes would be helpful:*

Are there classes offered in the community or online?

*Paste links to classes here!*

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Can I learn how to get started with this activity from videos on YouTube?

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Are there local organizations where I can learn more about this activity?

*Think about places where you might find a mentor.*

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## Activity 1

## Activity 2



# MONEY MATTERS



## Brainstorming Questions

What classes, equipment, or materials will I need? How much will they cost?

Are there low-cost or free options for the classes, equipment, or materials?

What could I do to save or earn money to afford the classes, equipment, or materials?

On a scale of 1 to 5, how affordable is this activity?

*Think about whether classes or travel would be required.*

## Activity 1

## Activity 2

1 2 3 4 5

not  
affordable

very  
affordable

1 2 3 4 5

not  
affordable

very  
affordable



# WHAT CAN I OFFER?

## Brainstorming Questions

How can I give back to my community either now or later by participating in this activity?

*For example, if you learn to play an instrument, perhaps you could eventually play in a band and give concerts or perhaps you could help a younger kid learn to play.*

How can I get others involved in this activity?

*For example, if you are interested in reading more, you could start a book club with friends.*

## Activity 1

## Activity 2

## Step 2

## MAPPING MY SUPPORT NETWORK

**Instructions:** Complete the support map below. List the people who support you in these areas of your life.

COMMUNITY

SCHOOL

MY  
NETWORK

RELATIVES

HOME



**Pick 2 people** from your map and answer these questions:

### Brainstorming Questions

### Person 1

### Person 2

What type of support does this person offer?

*Think about*

- *problem-solving assistance*
- *information or advice*
- *material resources*
- *emotional support*
- *practical help*

What will I ask this person to do to help me?

*Think about things like*

- *helping you decide if the activity will give you the skills you hope to gain*
- *helping you find a club where you can participate*
- *loaning you equipment or other resources*
- *reminding you to stick with your activity even if it is challenging*
- *teaching you how to do something*



## Step 3

# PUTTING MY PLANS INTO ACTION

**Instructions:** Create an action plan for getting involved in the activity you choose.

This is my activity.

This is the date when I will start.

This is one talent or strength that will help me succeed in this activity.

This is one skill or quality I can gain from participating in this activity.

These are some classes, equipment, or materials I will need to get started.



This is where I will go to start.

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These are the people I will reach out to for support.

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These are the first 3 steps I will take to get started.

Step 1:

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Step 2:

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Step 3:

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This is someone who will encourage me and remind me that I have what it takes to succeed.

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This is how I will reward myself for taking the first step in my plan.

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