

THE POWER OF PASSION

DAY 1 STORYTELLER: THE SCIENCE OF JOY

PUZZLE PIECE: PURPOSE

You start solving your puzzle by discovering what lights you up – the passions that give your life meaning.

A natural high gives you something to live for, work toward, and feel proud of. It is your anchor. When you find what drives you, you begin to uncover your purpose. Passion is the first clue, and once you find it, the rest of the pieces begin to fall into place.

DISCUSSION QUESTIONS

1. What's something you love doing that makes you feel proud or alive?
2. How does having a passion help protect you from risky choices?
3. Why is it important to know what feels rewarding or exciting to you?

