

## Session #4: Passion

**PASSION** – is a steady feeling of enthusiasm in doing something. It’s waking up thinking of questions you fell asleep thinking about. You stay pointed in the same direction, eager to move forward and devote your limited time and efforts toward it. *Passion comes from your heart.*

**How do we coach it?** By challenging them to keep discovering and exploring different interests. As with all matters of the heart, they’ll know it when they find it.

Coaches should always feel free to assign other video(s) to watch in advance of the meeting, especially if the Coach particularly likes it or thinks the team will have a particular interest based on previous meetings.

Coaches can use any of the Discussion Questions they want or use their own.

### Discussion Questions

1. How would you summarize the message from the assigned video: Stop Trying to "Find Your Passion" - College Info Geek (6:41)?
2. What are your current interests? What helped you realize that you have that interest?
3. How did you get involved in your sport or career? Are you passionate about your sport or career? If so, how and when did you realize you love it?
4. Have you ever left a sport or career to move on to something different? How did you come to that decision? What did you learn about yourself?
5. What aspects of your sport or career are you passionate about? Do you see similarities across multiple interests you have?
6. Are there things about your sport or career that you don’t like? What are they and why do you think that is? What keeps you going even though there might be things you don’t like?
7. Is PASSION the most important element of success in sports, career, and in life? If so, why? If not, why not?
8. How do you know when you’re truly PASSIONATE about something?
9. Has someone ever annoyed you with their PASSION? Why?
10. Watch [Steve Jobs: Passion in Work \(1:30\)](#). Which of our 5 Practices did he refer to? Put into your own words or share personal examples of how they work in conjunction with one another.
11. How can you "practice" PASSION?
  - For Question #11 - possible/acceptable answers and examples:
  - Trying new things: Saying yes to invitations like, ‘Do you want to go to the new art exhibit?’, or something you've not done before; or taking a class in college you might have an interest in. Step out of your comfort zone to test if it feels comfortable. You may discover a new passion!

12. After our first two practices, why do you think Grit is defined as “The Power of Passion and Perseverance”?

- For Question #12 - after they try to describe, read Duckworth's quote aloud to the team
  - *“Grit is passion and perseverance for very long-term goals. Grit is having stamina. Grit is sticking with your future, day in, day-out. Not just for the week, not just for the month, but for years. And working really hard to make that future a reality. Grit is living life like it’s a marathon, not a sprint.”* - Dr. Angela Lee Duckworth

### Check-out

1. What did you learn from the study and discussion of Passion?
2. What will you take away and/or do differently to practice Passion?

### Checklist

- Did we achieve our Objective?
- Announcements / Next Meeting Date/Time/Location
- Take a Fun / Creative Team Photo
- **All Students & Coaches** Complete Post-Session Survey, link below (<2 min)
- **One Coach** Submit [Coach Check-Out Form](#) (<2 min) (*Session Attendance, Team Photo, and Next Meeting Date/Time/Location*)

## Post-Session Feedback

*Surveys are to be completed within 24 hours of meeting completion*

Please share your Passion Session Feedback via this brief survey - [Passion Survey](#)

[COACH CHECK-OUT FORM](#) (*only submit one per Team meeting*)