



Your Assets + Causes = Your Project¹

It's time to put it all tog Now it's time to explore your assets - the skills and experience you possess, and your causes - the issues and causes you care about. ether and create an action plan!

We'll start with your assets that you can use to make a difference in the world. Circle the one(s) that you enjoy most and/or where you excel. If your asset is not listed, just add it!

<p>Music Playing an instrument, singing, writing songs</p>	<p>Art Painting, drawing, sculpture, graphic design</p>	<p>Writing Writing stories, plays, poetry, imaginative</p>	<p>Movement Dancing, martial arts, yoga, communicate with the body</p>
<p>Building Wood-working, construction, welding</p>	<p>Diplomacy Student government, politics, peace-building</p>	<p>Entrepreneurship Coming up with new business ideas, inventing</p>	<p>Sports Team sports, physical activities, competitions</p>
<p>Teaching Tutoring, able to explain ideas, mentoring</p>	<p>Visual / Spatial Room organization, jigsaw puzzles, 3D modeling</p>	<p>Animals Caring for and training animals, interest in wildlife</p>	<p>Computers Software development, video game ideas, web design</p>
<p>Crafting Sewing, Knitting, Gluing</p>	<p>Cooking Cooking from recipes or from your own ideas, foodie</p>	<p>Verbal/Linguistic Learning new languages, communicating with others</p>	<p>Comedy Making people laugh, telling jokes, writing sketches</p>
<p>Caring for Children Skilled at addressing needs of young children and babies</p>	<p>Drama / Theatre Acting, directing, public speaking</p>	<p>Photography / Film Taking pictures, making films, animation</p>	<p>Reading Reading fiction or nonfiction</p>
<p>Advocacy Commitment to a cause, speaking out</p>	<p>Media Blogging, social media, community paper, pod-casting</p>	<p>Outdoor Recreation Fishing, hunting, hiking, camping</p>	<p>Mechanics Electronics or machine repair</p>
<p>Logical/Mathematical Good with numbers and budgets, logical reasoning, conceptual, abstract, patterns</p>	<p>Community Builder Connecting people, coming up with event ideas</p>	<p>Getting Stuff For Free Resourceful, creative, not shy to ask</p>	<p>Marketing Knowing how to describe things so people will buy them</p>
<p>Interpersonal People skills, empathy, boundaries</p>	<p>Intrapersonal Strong intuition, in tune with inner feelings</p>	<p>Detail-Oriented Keeping track of project details, precise, meticulous</p>	

Note: Older students may prefer Heat + Heart = Hustle, which serves the same purpose through deeper questions (see the 50 minute version).

Your Cause

What problems have you seen, heard, read about, or experienced that sparked your interest or concerned you? Keep in mind that many of these topics are inter-related, so by focusing on recycling, you're also impacting ocean health; affordable housing and mental health affect homelessness, etc.

Remember: you don't need to worry about finding a solution at this point. Your job is only to circle the topic area(s) that most deeply move you.

Violence Against Women, Girls, Feminine People	Bullying / Cyberbullying	Social Isolation	Natural Disasters - Preparation/Response
Safe Driving	Access to Safe Water / Restore Freshwaters	Reduce, Reuse, Recycle	Energy - Alternative sources of and ways to save
Hunger / Food Deserts / Food Security	Economic Opportunity / Access to Jobs	Gender Equality	Access to Schools / Literacy / School Equipment
Citizen Engagement	Safe, Fun, and Accessible Playgrounds	Forced Labour	Biodiversity / Habitat Protection & Regeneration
Health / Obesity	Medical Research / Disease Prevention	Access to Affordable Housing	Healthier Babies / Reproductive Health
Addiction	Ocean Health	Homelessness	Racism
Issues Facing Migrants & Refugees	Homophobia/ Transphobia	Reconciliation with Indigenous peoples	Religious Intolerance
Disability Rights	Climate Change	Elder Abuse / Isolation	Gun Violence
Animal Cruelty	Mental Health Awareness & Destigmatization	Toxic Masculinity	Other