

Session #4 Passion

Student & Coach Preparation

- Watch this video: [Stop Trying to "Find Your Passion" - College Info Geek 1/15/16 6:41](#)
- Be prepared to share a related personal story
- Read through the Quotes and other PASSION resources (page 7)
 - Choose a quote from the list that resonates with you and be prepared to share in the group why you chose that quote

Purpose of Session

- Understanding the meaning of PASSION and the impact it has on success

Agenda (~1-2 hours)

I. Welcome from the Host (include description of host company; ~5 minutes)

II. Check-in (each individual with the whole group) (~ 10 minutes)

1. Introduce yourself: State your Name, School/Company, Sport.
2. State your mindset coming into the meeting (share something about your day, or recent happenings in your life).
3. Prepare to be in this moment, engaging and listening to others.

III. Quick Review of Handshake America's Five Practices of Success (page 3/4) (~5 minutes)

IV. Personal Story Teller (e.g. Coach, Host, or Guest Speaker) (~15 minutes)

1. Share their background: Who are they, where are they from, what do they do, etc.
2. Share a personal story or two of pivotal times in their life, personally or professionally.
3. Share adversity faced on their pathway to success and how they overcame it. Share what kept them going.

V. Discussion (page 5) (~20 minutes)

VI. Activity (page 6) (~20 minutes)

VII. Quotes (page 7) (~15 minutes)

1. Take 5 minutes by yourself to review the Quotes on page 3, PASSION Resources.
2. Privately write your favorite quote down on a piece of paper and give to the facilitator who will gather everyone's favorite quote.
3. Once all favorites are turned in, share the quote you chose with the team and why you chose it.
4. Did everyone chose the same quote or different quotes?

VIII. Announcements (~ 5 minutes)

1. Announce any key accomplishments that have recently occurred amongst anyone present.
2. Remind students about Special Scholarship opportunities that may be available toward the end of the year. There may be one specifically for PASSION. Be thinking about your practice of PASSION and how it impacts success in you and others.
3. Other Handshake America announcements (from President or Handshake America office). - **HANDSHAKE AMERICA CELEBRATION for ALL on Thursday June 20, 2019 from 6:00-8:30pm at the Franklin Park Conservatory in Columbus, OH. Sign up now at www.handshakamerica.org. Students are FREE!**

IV. Check-out (either in pairs or with the whole group) (~10 minutes)

1. What's one thing you took away from this session?
2. Do you have room to improve your PASSION?
3. How could you apply what you've learned into your daily life in order to practice PASSION?

Review of The Five Practices of Success

PERSEVERANCE – is about not giving up. It's more about stamina than intensity. It's not just about working incredibly hard but staying the course, resisting temptation and recognizing there are no short-cuts in life. It's being tough, strong, determined, courageous, and resolved. It's realizing that life is not about going undefeated, but about learning from setbacks and bouncing back. *Perseverance comes from your gut. How do we coach it?* By standing by them, with them, and behind them; by being coaches and "cheerleaders", and by witness of our own example.

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 devoting 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.

PASSION + PERSEVERANCE = GRIT = The key attribute for being a part of Handshake America.

POSITIVITY – is a wide range of positive emotions – not just being happy. It's an optimistic attitude that triggers positive emotions, open minds, and relaxed limbs. Like negativity, it has a long-term impact on your character, relationships, communities, environment, and personal trajectory – and it shapes our souls. *Positivity comes from your mind. How do we coach it?* By helping them realize that it's a choice and a tough mental practice. They will begin to recognize how a positive mindset makes people stronger and more effective.

PEOPLE – is knowing that you're significantly influenced by the people around you. Good people bring you up and bad people bring you down. It includes who you choose to admire, read, watch, and listen to. It's knowing the difference between 'real' friends and 'counterfeit' ones. It's also being a good friend, family member, and teammate. *People are those who surround you. How do we coach it?* By being an excellent example of what a good friend/coach looks and acts like. Staying committed despite adversity, giving more than what is expected, and inciting others to higher levels.

PRESENCE – is the poise and confidence that is the natural result of the other Practices. It's being comfortable in your own skin and not trying to be someone else. It comes from knowing that you're doing the right things and you're prepared. It includes a firm handshake, combed hair, speaking clearly, good posture, arriving early, making conversation and sending 'thank you' notes. It's also being respected by others. *Presence is the total package. How do we coach it?* First show them how much you care, then provide specific instruction. The truth may be uncomfortable, but if their coach doesn't tell them, who will?

Doug Probst - February 2019

Credits: John Wooden/Lifetime of Observations and Reflections On and Off the Court; William J. Bennett/Book of Virtues; Henry Aaron/Speech to Handshake Students; Angela Duckworth/Grit: The Power of Passion & Perseverance; Walter Isaacson/Steve Jobs: A Biography; Barbara Fredrickson, PhD/Positivity: Top Notch Research Reveals the Upward Spiral That Will Change Your Life

Bringing it altogether...

YOU will reveal your grit with your **perseverance** to get through the tough times while you're figuring out what your **passions** are that are driving that determination.

You will inspire people with your **positive** mental attitude; you will surround yourself and associate with good **people** and begin to identify and separate yourself from the bad ones.

You will continue these practices, and because you are “coachable”, you will continue to benefit from being “coached”, learn from your experiences, and keep getting better, and better, and better. You will continue to develop and consequently have more poise and confidence every day because you know deep inside that you're doing the right things.

And with these virtues you'll ultimately have a **presence** that will not just be noticed when you walk into a room but, more importantly, you'll be more appreciated and respected by people when they get to know you, work with you, and live with you.

For if you continue to practice the 5Ps we discuss over the year you will experience *success*. *And you how you'll know it?* You'll know it because the people who know you the best, love and respect you the most – and you will be living with no regrets because you've done your very best.

PASSION Discussion Prompts

1. What questions do you have for the speaker? Is there something in his/her story you could relate to? Which of the The Five Practices did you 'hear' in the the speaker's story?
2. How would you summarize the message from the assigned video: Stop Trying to "Find Your Passion" - College Info Geek 1/15/16 6:41?
3. Share an experience (or story) that *you* have that illustrates PASSION?
4. How do you describe PASSION in your own words? What is similar about the responses with your teammates?
5. What have you been truly PASSIONATE about? A sport? A person? A hobby? A TV show? Did your PASSION build or decline?
6. Why is PASSION important for success in sports, career, and in life?
7. How do you know when you're truly PASSIONATE about something?
8. Has someone ever annoyed you with their PASSION? Why?
9. The sub-title of a best-selling book about grit is: *The Power of Passion & Perseverance*. Why do you think those two words go together?
10. If you reviewed any of the other videos or stories, what are your takeaways?
11. How does being a student-athlete teach you PASSION?
12. How can you develop and/or improve PASSION?

Activity - TRUTH OR LIE

Materials Required

- One piece of paper per person
- One pen per person

Time Required

15-20 minutes

Instructions

1. Divide the group into two teams. Decide which team is Team 1 & which is Team 2.
2. All participants are to write down three facts about themselves regarding things that they love doing or enjoy on a piece of paper.
3. Of these three facts, two should be true and one a lie.
4. To make the game more fun and engaging, the participants should be encouraged to write interesting facts about themselves.
5. Choose the first person from Team 1 to present his/her three 'facts' to Team 2.
6. He/she reads out the three facts about himself/herself and the other team is supposed to guess which one of the facts is a lie.
7. If the team guesses correctly, they score a point. If not, the representative's team scores the point.
8. Now repeat Step 4-7 with a representative from Team 2 presenting to Team 1.
9. Alternate and repeat until all participants on both teams have gone.
10. Team with the most points WINS bragging rights!

Debriefing Notes

1. What did you learn about your fellow participants from this exercise?
2. Name one fact you found most interesting about a particular person.

Passion Resources

VIDEOS

1. Stop Trying to "Find Your Passion" - College Info Geek 1/15/16 6:41
2. Finding Your Meaning of Life – Inspirational Video 10/1/14 4:29
3. Mike Rowe: Don't Follow Your Passion, Follow Opportunity 5:18
4. Steve Jobs Passion in Work 1:31 (Perseverance/Passion/People)
5. The Pursuit of Happiness (5/8) Movie Clip – Basketball and Dreams 2:15
6. Passion – Motivational Video (intelelegend) 3:15

QUOTES

1. **“The only way to do great work is to love what you do. If you haven’t found it yet, keep looking. Don’t settle. As with all matters of the heart, you’ll know it when you find it.”** – *Steve Jobs, Founder of Apple*
2. **“Passion begins with enjoying what you do. While every gritty person has some elements of work they don’t enjoy, they’re captivated by the endeavor as a whole”** – *Angela Duckworth, author of GRIT; The Power of Passion and Perseverance*
3. **“Nothing great was ever created without enthusiasm”** – *Ralph Waldo Emerson, America essayist*
4. **“You have to like what you’re doing; your heart must be in it. Without enthusiasm you can’t work up to your fullest ability”** – *John Wooden, Hall of Fame Basketball Coach*
5. **“Passion is energy. Feel the power that comes from focusing on what excites you”** – *Oprah Winfrey, American Entertainer*
6. **“Passion is what gets you through the hardest times that might otherwise make strong people weak, or make you give up”** – *Neil deGrasse Tyson, American Scientist*
7. **“If you love your work, you’ll do the best you possibly can, and soon everybody around you will catch the passion from you – like a fever”** – *Sam Walton, Founder of Wal-Mart*
8. **“Work hard! In the end, passion and hard work beats out natural talent”** – *Pete Doctor, Academy Award Film Director*
9. **“There’s no such thing as a passionate activity that you will never get tired of, never stressed over, never complain about. I’m living my dream job and I still hate 30% of it!** – *Mark Manson, Author*
10. **“No one has reached the top of their profession who did not have and love and enthusiasm, and a self-constant urging them higher.”** – *Fielding Yost, Hall of Fame Football Coach*