

Adventure

01 PASSION & PURPOSE

Switch Screen Time *to* Adventurous Living

SOLEFX
JOURNEY





Adventure 01 PASSION & PURPOSE

Learn
Engage
Act
Develop

Switch Screen Time to Adventurous Living



Passion- and purpose-driven leaders explore and engage in what uniquely inspires them. When we know ourselves, we can begin to visualize the impact we want to have on others. The first step on your leadership journey is to identify and engage in your passions, *"living your adventure."*

Passion is what we love doing, what makes us enthusiastic, and what inspires us. When we are involved in a passion, it relieves stress and makes us creative, motivated, and happy.

Purpose is how we make a positive difference in others' lives. Influencing, helping, or supporting others brings value to their lives and meaning to our own. This is what leadership is all about.

Negative **FX** Research shows that engaging in too much screen time can take away from life's adventures. It can increase anxiety and depression and cause poor sleep, health problems, and relationship struggles.

Positive **FX** Replacing screen time by physically engaging in your passions not only boosts your happiness, it also positively impacts your grades, work life, relationships, enthusiasm as a leader, and so much more.



Our Goal

TO CREATE HAPPINESS

Explore your interests
and create positive change.



In Today's Adventure You Will:

- ▶ Reflect on what it is you're passionate about.
- ▶ Analyze how you're using your free time.
- ▶ Create a plan to spend more time on your passions.

PASSIONS

Acting

Animals/Training

Art/Design

Building/Creating

Cooking/Nutrition

Comedy

Cultures/Travel

Dance

Entertainment

E-Sports

Fishing

Gardening

Hiking/Camping

Inventing

Music

Nature

Photography

Reading

Robotics

Science

Sports/Fitness

Videography

Volunteering/Cause

Writing/Blogging



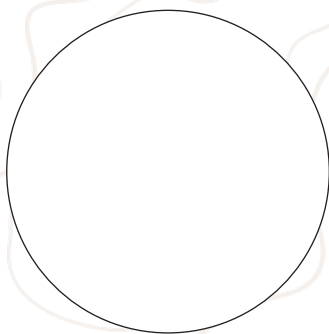
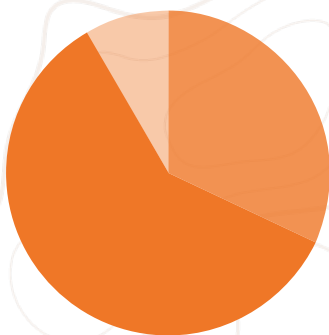
MY PASSIONS

List and describe things/activities you are passionate about. *Share some details (e.g., type of music, what you like to cook, etc.). Make a star next to the passions you listed that you routinely spend time on.

If you spent more time on these passions, how would your health and life be different?

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HEALTHY WAYS TO BALANCE FREE TIME



- **PASSION** = Fun activities that you really enjoy.
- **PURPOSEFUL (screen time)** = Useful time on devices.
 - ▶ **Connecting:** Positive texting, thoughtfully engaging on social media.
 - ▶ **Critically thinking:** Learning, reading, blogging, podcasts.
 - ▶ **Creating:** Art, photography/video, music.
- **MINDLESS (screen time)** = Unproductive time wasting.

Reflect on how you currently use your precious free time. Make your own key and complete the pie graph.

- ☐ PASSION
- ☐ PURPOSEFUL (screen time)
- ☐ MINDLESS (screen time)



MINDLESS SCREEN TIME

List the negative, time-wasting screen time you engage in.

List habits you use to manage screen time (e.g., time limits, etc.).

What limits/changes could you make to create more time for your passions?

[illegible][illegible]A large rectangular grid consisting of 6 rows and 20 columns of small dots, intended for handwriting practice. The dots are arranged in a regular pattern across the page.



TEAM DISCUSSIONS



1. MY PASSIONS

- ▶ Share about your passions. *What do you love? How do you currently engage with them?*
- ▶ If you spent more time on your passions, how would your life and your health be different?

2. MINDLESS SCREEN TIME

- ▶ Share your mindless screen time challenges and how they negatively affect your life.
- ▶ Share suggestions for healthy ways to change or limit mindless screen time and write any you want to remember.

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3. HEALTHY WAYS TO BALANCE FREE TIME

- ▶ How does your pie graph compare to the healthy balance pie graph?
- ▶ What is your greatest challenge when making time for your passions (*i.e., homework, family responsibilities, lack of motivation, too much screen time, etc.*)?
- ▶ Brainstorm and list how you can tackle these challenges. (*Try to brainstorm with someone who shares the same challenges.*)

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PASSION & PURPOSE

Switch Screen Time *to* Adventurous Living
Step 1

Choose one of the 3 strategies listed that will help you spend more time on your passion and mark it with an X.

Step 2

Reflect back on what you learned about yourself and from others during your discussions.

Step 3

Return to your Leadership Guidebook and locate your **GPS** for Adventure 01 to:

- » Set Your **Goal**
- » Track Habit **Progress**
- » Build on **Successes**



TO CREATE HAPPINESS

Strategies to Develop Healthier Habits

- ☐ Reduce negative, mindless screen time.
- ☐ Be purposeful about how I spend my screen time.
- ☐ Engage in my passions, "*Live* my adventure."

Switch the Story *Live* Your Adventure