

# Motivation Formula

## 9. My Fave Fifteen

**Spatial Requirements:** Regular classroom setup: little or no space required

**Activity Type:** Group

**Grades:** 3-12

**Group Size:** 2 or more

**Time:** 15 minutes

**Introduction:** This activity will help students better identify their passions, purpose, and interests: an ability that can keep them out of the flood zone and help them stay motivated. It will also help them think realistically about the benefits or consequences associated with certain activities or behaviors.

**Materials:**

- 1 “Fave 15” sheet per person (These can be found at [www.whytry.org/activities](http://www.whytry.org/activities).)
- 1 pen or pencil per person

**Activity:**

Give each student a “Fave 15” sheet and a writing utensil. Give them several minutes to respond to each “favorite” question. Encourage them to think creatively and broadly.

After students have finished responding, have them take note of the five columns to the right of their responses. In the first column (\$), have them put a check next to each item that costs more than \$5 each time it is done. In the second column (R), have them put a check next to each item that involves risk. In the third column (U), have them place a check next to each item that they think others would think is unusual or unconventional. In the fourth column (F), have them put a check next to each item that they think would not appear on the list five years from now. In the fifth column (\*), have them put a check next to their three favorite activities.

**Processing the Experience:**

- How many of your items did you check for costing more than \$5? What were some?
- How many did you check for being risky? What were some?
- What was something you listed that you feel is unique?
- Tell something you listed that you feel you will still have on your list in five years. Why?
- How might this list help you identify your passion, purpose and/or interests?
- Does identifying cost, risk, uniqueness, longevity, etc. change the way you feel about any of these activities?
- How might thinking about those things help you when choosing a new activity or interest to pursue?