



PASSION & PURPOSE

Name: _____

Learn
Engage
Act
Develop

Screen Time

SWITCH
to

Adventurous Living

LEARN

Passion is what we love doing that makes us enthusiastic. When we are involved in a passion, it makes us creative, happy, and ambitious. Purpose is how we make a positive difference in others' lives. Inspiring others brings value to their lives and meaning to our own lives.

Objective: This activity will help you create happiness in your life. First, you'll think about how you are using your free time. Then you'll reflect on what you're passionate about. Lastly, you'll take action to manage your screen time and your daily choices so you can live out your passion.

Why switch screen time to adventurous living?
To create happiness in your life!

Research shows that spending too much time in front of a screen can negatively impact your happiness, increasing anxiety, depression, sleep, and health problems. Replacing screen time by physically engaging in your passions boosts happiness and positively impacts your grades, work life, and relationships.

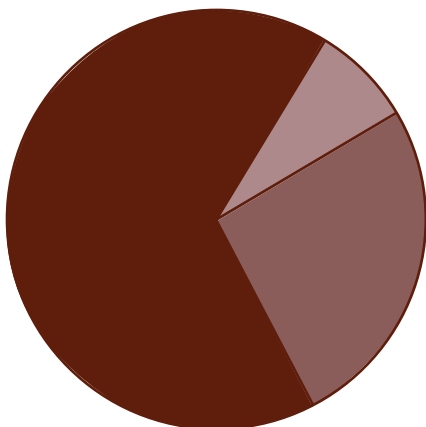
Direction: Complete the LEAD steps in a journal or on this paper.

- Watch: (click link) [The Time You Have in Jellybeans](#)
- What impacted you from this video and why?

ENGAGE

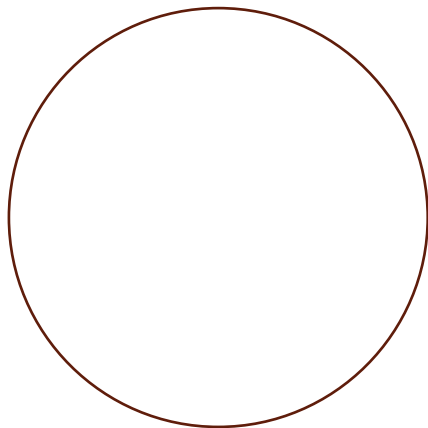
- Read and reflect: "free time" is the time you spend outside of sleep, responsibilities, family, and school/homework.

Healthier Ways to Use Your Free Time



- PASSION
- PURPOSEFUL
- MINDLESS

- Passion (Outside of screen time)**
Fun activities that you really enjoy.
- Purposeful (screen time)**
Connect: Positive texting, building relationships, inspirational posts, or thoughtfully engaging on social media.
Critically think: Reading, learning, blogging.
Create: Digital art, photography/video, music.
- Mindless (screen time)**
Screen time that is not purposeful.



Complete a pie chart reflecting how YOU currently use your free time.

Make your own key:



PASSION



PURPOSEFUL



MINDLESS

Passion (Outside of screen time)

Fun activities that you really enjoy.

Purposeful (screen time)

Connect: Positive texting, building relationships, inspirational posts, or thoughtfully engaging on social media.

Critically think: Reading, learning, blogging.

Create: Digital art, photography/video, music.

Mindless (screen time)

Screen time that is not purposeful.

ACT

To have more time for your passions, what screen time can you limit or change?

Think about your passions or use suggestions from the list below and write down at least two that interest you the most.

PASSIONS

Acting
Animals/Training
Art/Design
Building/Creating

Business/Entrepreneurship
Cooking/Nutrition
Cultures/Exploring
Fishing
Hiking/Camping

Nature
Photography
Reading
Robotics

Science
Sports/Fitness
Videography
Volunteering/Cause
Writing/Blogging

DEVELOP

Spend some time engaging and learning about the passions you picked. You can learn through videos or by connecting with people who are involved. Write about your experience.

Passions are easier and more fun to develop when you have an accountability buddy. Who can support you?

Who would you like to spend time with on your passions?

How will you make this happen?

Live Your Adventure!