

How To Help Kids Find Their ~~Passion~~ Purpose

“The biggest problem growing up today is not actually stress; it’s meaninglessness.”

Bill Damon, Psychologist
Stanford University



WHY DO I HAVE
TO READ THIS
BOOK?



WHY DO I HAVE TO
DO MY HOMEWORK,
IT DOESN'T RELATE
TO ANYTHING IN
MY LIFE



I AM SO BORED THERE
IS NOTHING TO DO



WHAT IS
THE POINT?



A young man with short dark hair and a mustache is shown from the chest up, focused on painting a vibrant cityscape on a canvas. He is wearing a red and blue plaid short-sleeved shirt and has a purple earbud in his left ear. His hands are positioned as if he is actively painting. The background is a wooden wall with a large, colorful mural of a city scene, featuring buildings, streets, and a blue sky. The text "I love painting" is overlaid in the center of the image in a bold, white, sans-serif font.

I love painting



I love riding

A young boy with short dark hair is running joyfully across a field. He is wearing an orange soccer jersey with dark blue sleeves and black shorts. He is holding a black and white soccer ball with both hands in front of him. The field is a mix of green grass and dry, brownish grass. In the background, there are trees and a building under a cloudy sky. The text "I love playing soccer" is overlaid in white, bold, sans-serif font across the middle of the image.

I love playing soccer

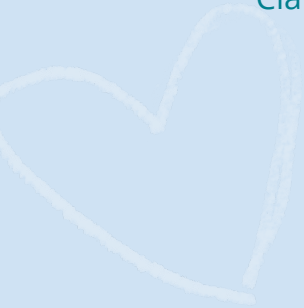
Purpose is a long-term intention to accomplish an aim that is both personally meaningful and inspired by a desire to make a difference in the broader world.



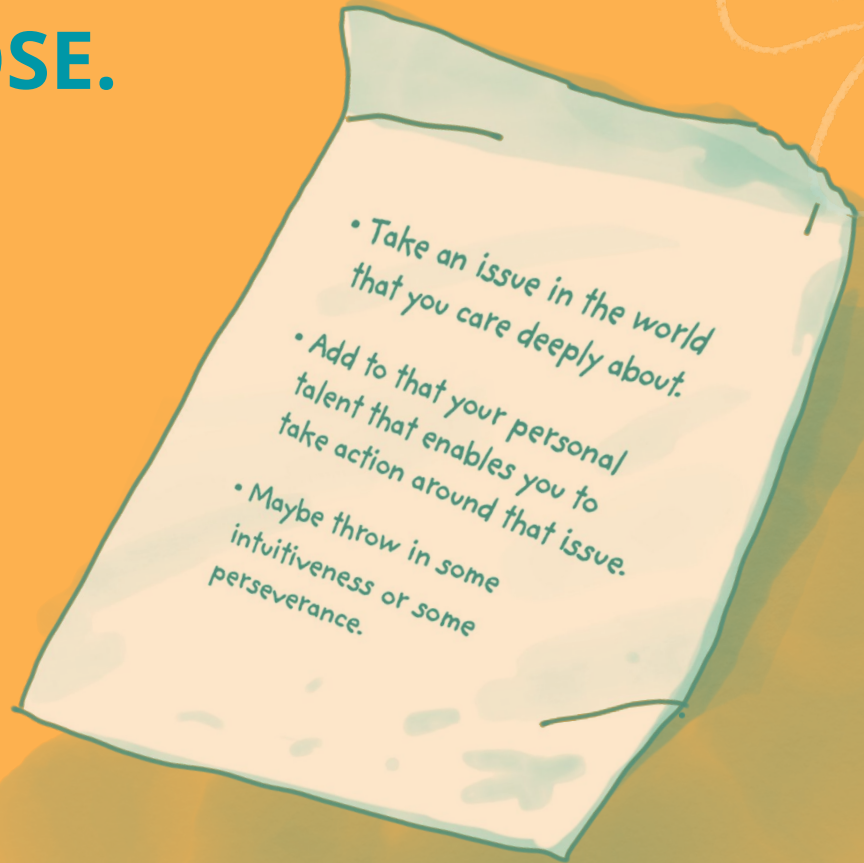


“Individuals with purpose report being happier and more hopeful and more satisfied with their lives.”

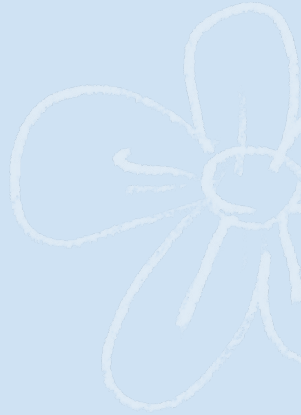
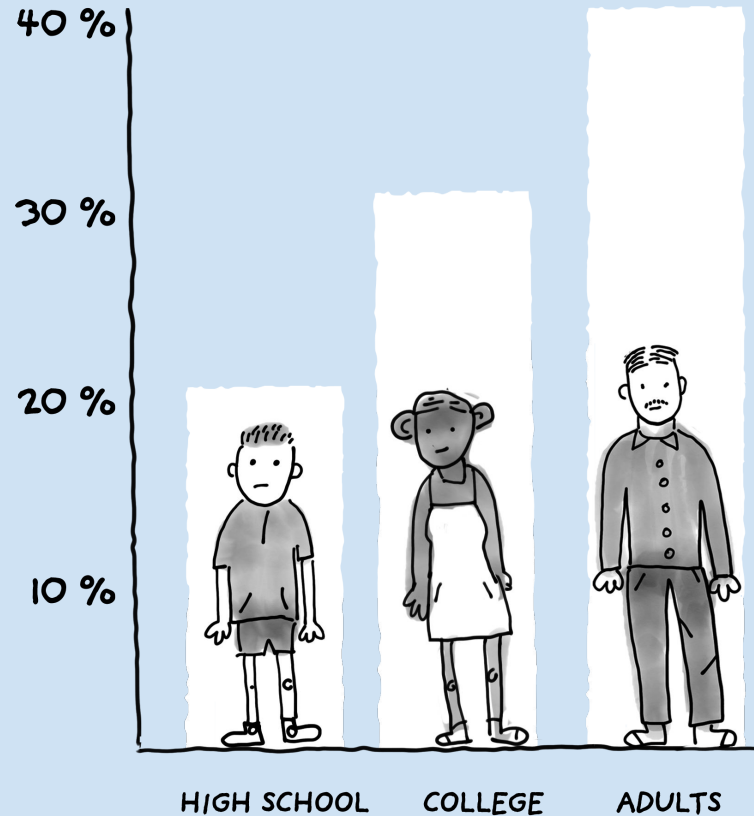
Kendall Cotton Bronk,
research psychologist at
Claremont University



A RECIPE FOR PURPOSE.



Percentage of people who report living a life of purpose.



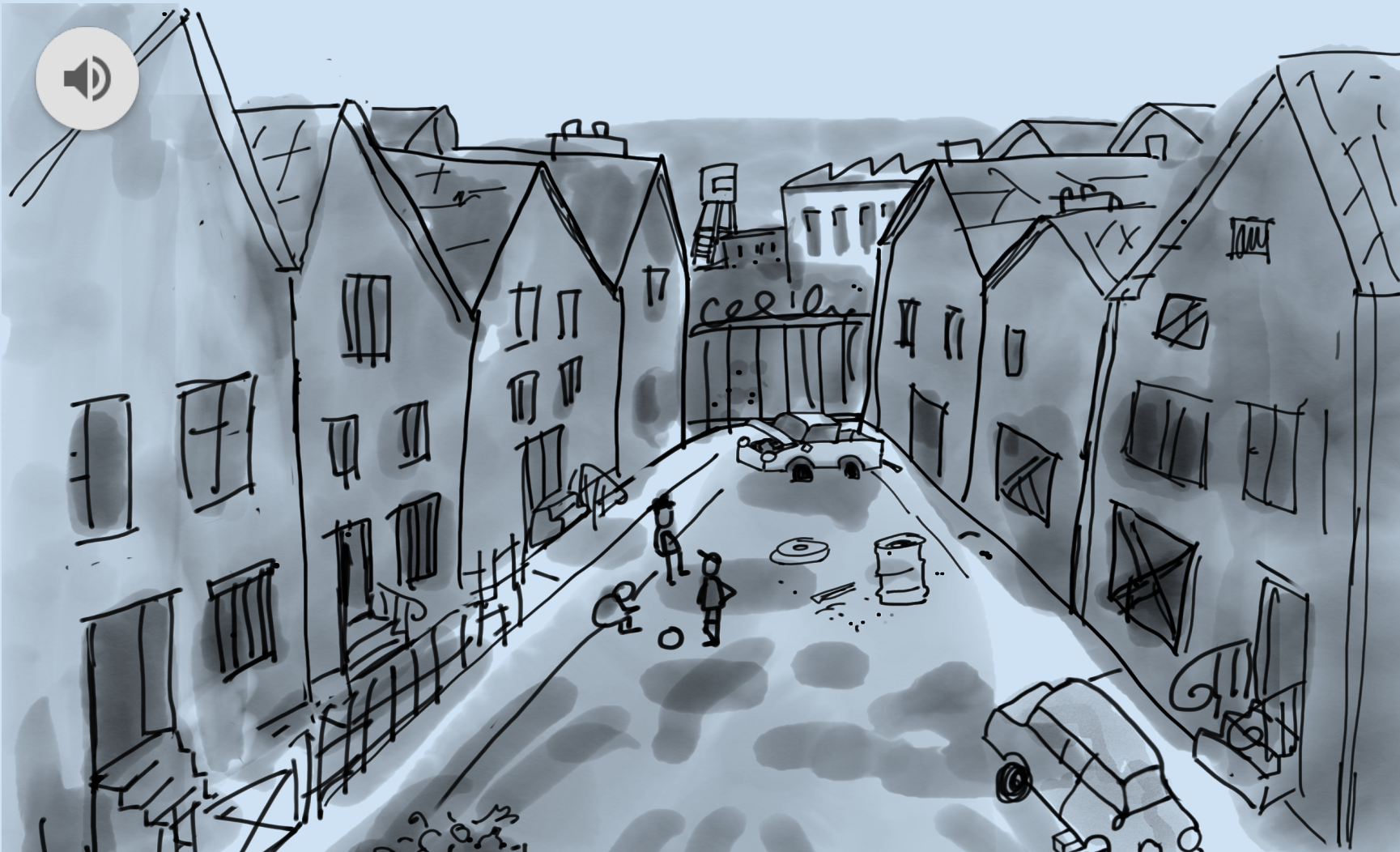




pick anything











CHICAGO BOOTH
The University of Chicago Booth School of Business

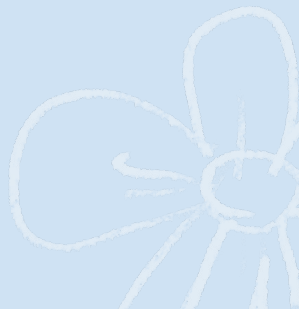
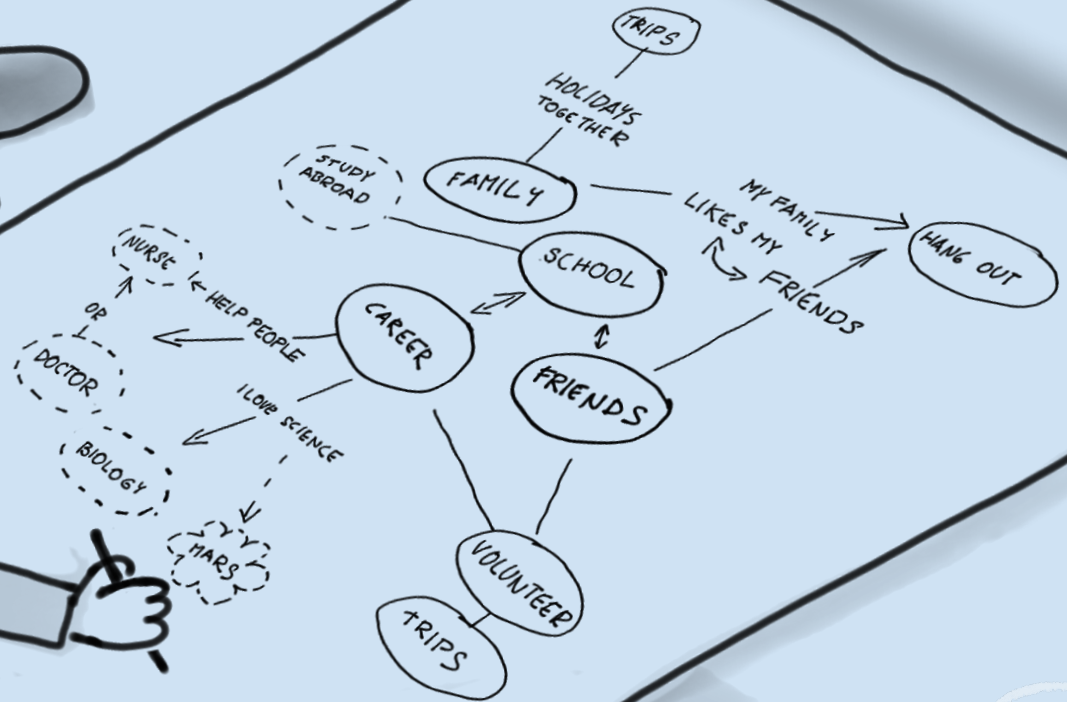
Don't be Nothing

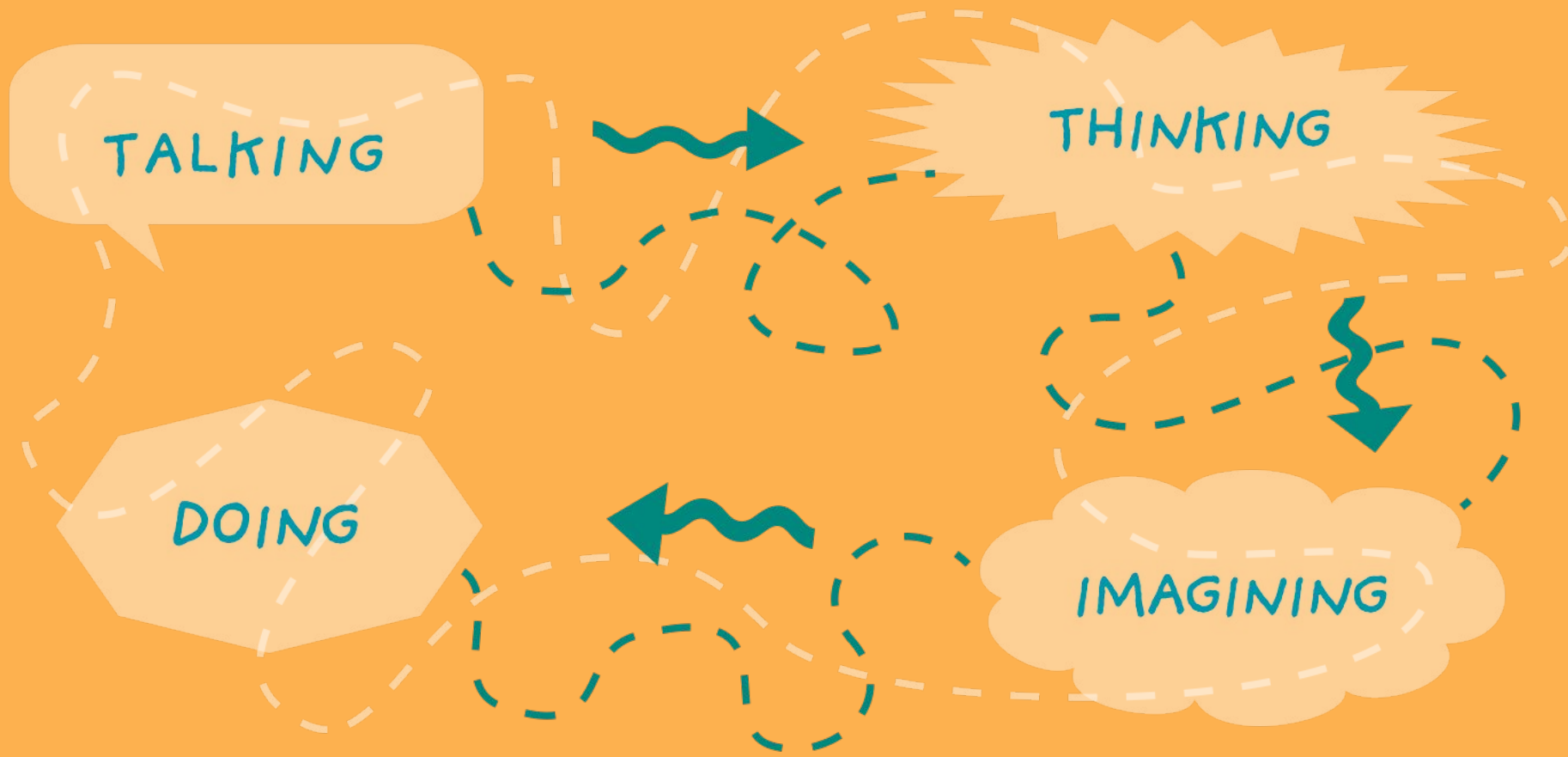


“Often times we don't ask our kids what do you really want to accomplish in life. Instead we ask them, did you study for the test on Friday? Are you ready for the game next week”

Kendall Cotton Bronk,
research psychologist at
Claremont University







What's most important to you?

What does it mean to be a good person?

What do you want to be different about the world?

What kinds of things do you really care about?

What could you do to make the world like that?



~~**Are you nuts?!**~~



**That's interesting.
Tell me more
about that.**



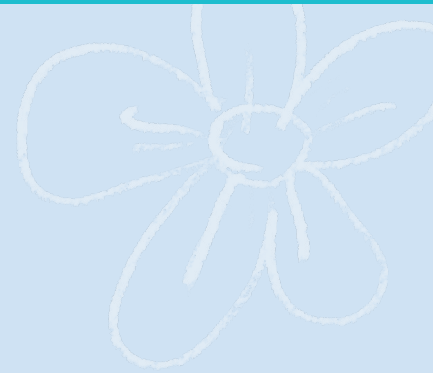
~~Wow, that's
great honey!~~





WHAT'S IMPORTANT TO YOU?

- What do you care about?
- How do you spend your time?
- What do you want to be different about the world?
- What could you do to make the world like that?



This talk is a production of the GreatSchools podcast



For more on the stories and science in this talk, go to
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Great!
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