

# Sparks Interview Form

---

## *An optional “Learn More” activity*

Choose an adult to interview about their sparks. At the start of your interview, explain to the person you are interviewing that sparks are talents or deep interests that bring pleasure and meaning to our lives.

1. What is one of your sparks? A spark is a talent or an activity or an interest that gives you a lot of enjoyment and that means a lot to you.
  
1. How do you feel when you are doing or are focused on your spark?
  
1. What is something that most people don't know about your spark?
  
1. Do you do anything to get better at your spark? If so, what do you do?
  
1. Is there anyone in your life who supports your spark, such as cheering you on when you do it or helping you get better at it?
  
1. Have you met any new people or gone to any new places or encountered any new ideas or cultures because of your spark?
  
1. Do you ever get frustrated by your spark? Do you have to do things that you don't really like to experience your spark? For example, someone whose spark is riding horses might not enjoy cleaning up after them.
  
1. Have you learned any lessons about life because of your spark?

