



Map what lights you up, what you're great at, and where you can make a difference.

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## 1. WHAT LIGHTS ME UP

List activities, topics, or moments where you feel excited, energized, or curious. Examples: Helping people, solving problems, gaming, making art, talking to friends, nature, etc.

My Spark Activities:

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## 2. WHAT I'M GREAT AT

List your natural talents or skills—things you do well, even without trying. Examples: Explaining ideas, organizing, drawing, fixing things, leading, noticing details, staying calm under pressure.

My Strength Zones:

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### 3. WHERE I FEEL IN FLOW

Think about when time flies by. When do you feel totally focused or “in the zone”?

Flow Moments:

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### 4. WHERE THESE OVERLAP

Draw a circle or write a few words. What overlaps between what you love and what you’re good at? What connects?

This is your Spark Zone.





## 5. PROBLEMS I CARE ABOUT

Now connect your spark to the world. What real-world problems, challenges, or causes matter to you?

Examples: Anxiety at school, food waste, youth loneliness, animal protection, lack of access to tech, etc.

**Problems that feel personal or important:**

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## 6. IDEA STARTER

“If I could solve just one of these problems using my spark zone, I’d explore...”

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