

Finding Your Causes Activity

1. Reflect on Positive Life Experiences

Think back on moments in your life when you felt the most fulfilled, joyful, or proud. These could be personal achievements, times when you helped others, or moments when you felt deeply connected to a community or activity.

Sarah remembered organizing a community bake sale to raise funds for a local animal shelter. The experience was meaningful because it combined her love for baking with her value of compassion. She realized that her strengths in organization and connection could align well with causes related to animal welfare or community support.

Think about three positive experiences that stand out for you.

Positive Experience No. 1

What was this experience? What were you doing?

Why did it feel meaningful to you?

What personal strengths were you using or developing in these moments?

Positive Experience No. 2

What was this experience? What were you doing?

Why did it feel meaningful to you?

What personal strengths were you using or developing in these moments?

Positive Experience No. 3

What was this experience? What were you doing?

Why did it feel meaningful to you?

What personal strengths were you using or developing in these moments?

2. Identify Your Core Interests and Passions

Reflect on your interests and passions—the things that naturally draw your attention and make you feel excited or curious. These could be hobbies, subjects you love to learn about, or activities you enjoy in your free time. Then complete the table overleaf.

Examples

	Your top interests or hobbies	Why are these important to you and how do they make you feel?	What causes or social issues relate to these interests or passions?
1	<i>Gardening</i>	<i>It helps me relax, connect with nature, and feel productive.</i>	<i>Environmental conservation, urban greening, or food security</i>
2	<i>Writing</i>	<i>I enjoy expressing myself and inspiring others through storytelling.</i>	<i>Literacy initiatives, mental health awareness, or social justice</i>
3	<i>Fitness</i>	<i>Staying active makes me feel strong and healthy.</i>	<i>Public health, youth fitness programs, or access to recreational spaces</i>

	Your top interests or hobbies	Why are these important to you and how do they make you feel?	What causes or social issues relate to these interests or passions?
1			
2			
3			
4			
5			
6			

3. Explore Your Aspirations and Future Goals

A. Consider your future goals and aspirations.

Alex envisions becoming a person who is known for fostering creativity and inclusivity. They want to impact the world by empowering others to express themselves and build connections. Alex hopes to be remembered as someone who broke down barriers to access in the arts.

What kind of person do you want to become?

What impact do you want to have on the world?

How do you want to be remembered?

4. Connecting Positive Experiences, Interests, and Aspirations to Causes

Now, look at the positive experiences, interests, and aspirations you've written down. Identify common themes or patterns. Consider how these elements can point you toward specific causes.

What patterns or themes do you notice among your experiences, interests, and aspirations?

Which causes align with these themes? For example, if you loved teaching or mentoring, could you be passionate about education, youth development, or community programs?

Reflecting on her experiences, hobbies, and goals, Emily noticed a recurring theme of supporting young people. Her positive experiences mentoring interns at work, combined with her passion for education, pointed her toward causes focused on youth development. Emily decided to start volunteering with an organization that helps first-generation college students navigate the application process, aligning her skills and aspirations with a meaningful cause.

OPTIONAL: Going Deeper - Revisiting Patterns and Themes

If you'd like to explore your reflections in more depth, consider revisiting earlier modules in the programme to gain additional insights into the patterns and themes you've identified. This deeper reflection can help you uncover connections between your experiences, interests, and the causes that resonate with you.

- **Personality and Archetypes:** Reflect on how your personality traits or archetype might influence the causes that feel most meaningful. For example, the Creator archetype might feel drawn to innovative solutions or artistic advocacy, while the Sage archetype might resonate with mentorship or education.

- **Values:** Revisit the values you identified earlier in the program and explore how they align with your experiences and interests. For instance, if you value equality, themes around social justice or community support might emerge.
- **Strengths:** Consider how your strengths and skills can support causes related to the patterns you've noticed. For example, if you excel at organization, you might be well-suited to supporting large-scale initiatives or advocacy campaigns.

Reflection Prompts:

- How do your personality, values, and strengths connect to the themes or patterns you've identified?
- Which causes align most naturally with these insights?
- How might integrating these elements help you approach a cause with clarity and confidence?

Taking the time to go deeper can provide you with a more nuanced understanding of the causes that align with your unique purpose. This step is optional, so feel free to engage with it if you feel ready to reflect further.

Once you have finished this exercise, please continue onto the next session where you will look at how your personal experience can help inform the causes that most deeply resonate with you.