

VALUES & PASSIONS

Part 1: What are values and passions?

Values are a person's principles or standards of behavior; they are one's judgement of what is important in life. Values are what guide us, and we should trust that they have become part of our lives for a reason. At some point, we may need to make a conscious decision to negotiate or be flexible with our values, even it is means following a path that isn't easy.

- **EXPLORE:** Watch [Peace Itimi's video](#) on the "Why, What and How of Personal Core Values".
- **THINK:** Make a list of ten values that resonate most with you (if you need some examples, feel free to look through this list) and narrow it down to the three that mean the most to you.
- **REFLECT:** In what ways can/does your top three values show up in your leadership? What about in your life?

Part 2: How do we uncover and/or follow our passions?

It has become increasingly common for people to feel like they can't really identify their passions or that they don't know how to incorporate their passions into their daily life. Often, we are told to "follow our passions", but it can feel triggering, isolating and/or stressful when we feel unsure of what they are. It is also possible that we might already be living a life of passion without even recognizing it. Passions reflect what we are enthusiastic about in life, and when we are unsure of what our passions are, we can use curiosity as a tool to guide us to uncover them.

- **THINK:** Take the time to think about/jot down whether you have passions and whether you have integrated them into your life.

- **EXPLORE:** Watch [Noeline Kirabo's TedTalk](#) about uncovering your passion or listen to [Oprah's Super Soul Conversations podcast featuring Elizabeth Gilbert](#) about following the curiosity-driven life.
- **REFLECT:** What are some activities, hobbies or interests you enjoy and that come natural to you? What are some curiosities you've always had/followed? Some questions to consider when formulating your answer include:
 - o Does it make me feel good about myself?
 - o Would I do it for free?
 - o Do I lose track of time when I do it?
 - o Do I talk about it to anyone who will listen, and am I delighted to teach it to others?
 - o Does it make me want to get out of bed in the morning?

Final challenge

We encourage you to be curious about how you can connect your values and passions to your everyday life, or even uncover them, so our challenge to you is to make a plan and/or sign up for something that you love to do – this could be at school, in your community or online. There are so many opportunities at [CLNx](#), [GradLife](#), the [Centre for Community Partnerships](#), Eventbrite, Facebook Events, EdX, Coursera, [Hart House](#) and other platforms for you to connect with communities that match up with your passions.

If you are looking to count this self-directed learning toward a leadership certificate, you do one of two things:

1. Make a plan about how you will integrate your values and passions into your life -- will you turn it into a practice? hobby? A career? -- and register for an experience that will help you better connect or uncover them. Screen shot or take a picture of your passion plan and registration confirmation and send it to leadership@utoronto.ca.
2. Register and participate in an event, workshop, or opportunity related to your values and passions and submit a short reflection on your key takeaways. Some questions to guide your answers:
 - o How did it feel to participate?
 - o Would you and will you do it again?
 - o What about the experience did you love the most and why?

If you have any questions, please email us at leadership@utoronto.ca