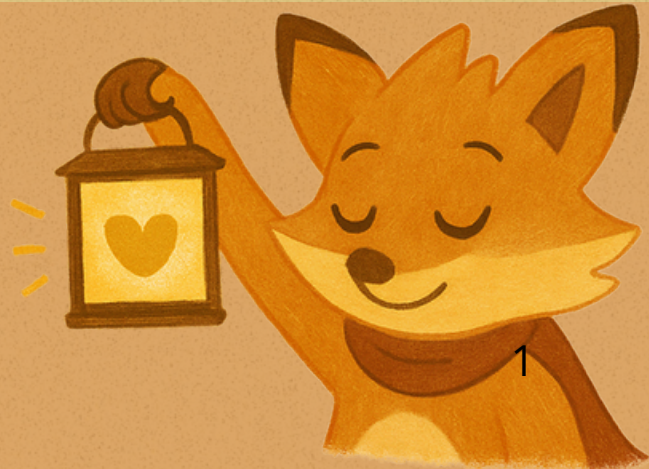


What Drives You

Name: _ _ _ _ _

Purpose & Motivation
Embers (14-17)
Volume One





Parent Guide

“What Drives You?”

Ages 14-17 | Pillar: Purpose & Motivation

Hi there,

Thanks for choosing **RootedSparks**. You’re here to help your **teen build the skills that truly matter**.

This week’s lesson skips the fluff and dives into something real: helping your teen figure out what internally drives them—especially when things get tough.

Through Ember’s story and a hands-on activity, they’ll explore their interests, values, and purpose. They’ll also use a reflection tracker to notice what fuels—or drains—they in daily life.

This is the kind of thinking most adults wish they’d started sooner.

🧠 Why We Do This

Teens hear it all the time: “*Be successful.*” “*Work hard.*” “*Find your passion.*” But what do those actually mean?

This lesson **cuts through the noise** with one powerful idea:

“You move best when your fuel is real.”

It’s not about what sounds impressive. **It’s about what makes them want to show up.**

🕒 How to Use This Lesson

If you can, pick your teen up a simple notebook to jot their thoughts. This isn’t a rush job—it’s a **layered experience**. We recommend spreading it out over **3–5 days or even a full week or two depending on your teen’s rhythm.**

Here’s a pacing suggestion that works well:	📌 What Helps:
<p>Day 1 – Start the Lesson (<i>Ember’s Story; Spark Activity</i>)</p> <p>Day 2–6 – Track It (<i>Fuel Tracker, invite light discussion, share your own insights</i>)</p> <p>Day 7 – Reflect + Share (<i>Talk about patterns-what energized them, what didn’t?</i>)</p>	<ul style="list-style-type: none">• Let them process in private• Invite—don’t push—for conversation• Stay curious about their answers (even if they surprise you)• Invite them to connect their insight to future decisions



Parent Guide (continued)

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Want to Take It Further?

Ask:

- “What gave you energy this week?”
- “When do you feel most like yourself?”

Share:

- A time you followed the wrong kind of fuel (for approval, for status, etc.)
- What you now know about purpose and effort

Next Step: The Full Curriculum

This lesson is just one part of a bigger journey.

In the 4-week Self-Awareness/Resilience & Grit curriculum, your teen will go deeper into:

- ✓ Purpose & Motivation
- ✓ Accountability & Responsibility
- ✓ Resilience through Setbacks
- ✓ Building a Personal Code of Integrity

 [Explore the full teen series at RootedSparks.com].

We’d Love Your Feedback

Got a few minutes? We’re all ears.

Tell us what worked (or didn’t):

www.rootedsparks.com/feedback or scan the QR code --->

Your insights shape what we build next—and help other families grow.



Bottom Line

Your teen will practice something most adults struggle with:

Noticing what really matters—and choosing to act from there.

Thanks for being part of this journey with us.

You’re raising a teen who **thinks deeply, acts with purpose, and learns how to fuel forward.**

Let’s keep going.

—**Kristin & Chris**, Founders of RootedSparks



🌟 Welcome to the Start of Something Real

Hey there—

You're not here by accident. You're here because something in you wants more. Not more noise, not more pressure—**just something more real.**

That's what this series is about.

🦊 Meet Ember

You'll meet **Ember**—a fox with **grit**, **curiosity**, and a habit of **asking big questions.**

Kind of like you.

Ember's journey **isn't perfect.** It's full of wrong turns, second guesses, and moments where the only map is a **gut feeling** and a **flicker of drive.** Sound familiar?

🎯 What You'll Be Doing

Over the next few weeks, you'll **dig into questions** most people don't ask until it's too late:

- *What actually drives you?*
- *What makes you want to show up?*
- *What's the point—and how do you define it?*

There's no grade. No right answer. **Just one goal:**

To get **clearer on who you are**, and **where you're going.**

🚀 Let's Get Started

This is your space.

Go at your pace.

Be honest.

Take it seriously enough to **learn something**—but not so seriously that you forget to be human.

You've got this. Grab a notebook (or paper). Let's go.

—The RootedSparks Team

Fuel Forward

Let's Talk

What Drives You—And Where It Can Take You

Let's get one thing straight: just wanting to **do something** doesn't mean you'll do it. Motivation isn't magic. It's **built on clarity and energy**—knowing what lights you up, and **deciding where to aim** that fire.

Think of it like this:

🚧 **Purpose** is the GPS.

⚡ **Energy** is the fuel.

You can't **move forward** without both.

So today isn't about hyping yourself up with fake positivity. It's about **identifying what** genuinely **energizes you**—and mapping one real way to use that energy this week.

🦊 Ember's Story: "The River Split"

Ember stood where the **trail split in two**. To the left was a **winding river path—peaceful, familiar**. To the right? A **climb**. **Steep, rocky, unclear** where it led.

"I don't know what I'm doing," Ember muttered. "I should take the easy path."

But then he remembered the day he **built a bridge** with **scraps and grit**, how his paws hurt but he **kept going**. How **alive** he felt when he was **solving a problem that mattered**.

"That feeling—that's my fuel," he whispered.

He didn't need to know **exactly where the trail** led. He just needed to move toward where he felt **most lit up**.

So Ember took the **steep path**. Not because it was easy. But because it sparked **something real**.



🔥 Try This

Think of one **"steep trail"** in your own life—a challenge, a decision, a **next step**.

Then answer:

Which fuel source could help you **start climbing**—even if you're not sure where it ends? Now take one **small action** this week that gets your feet on that path.

Spark Activity: Fuel Forward

Before you can move forward, you've got to know what powers you—and what pulls you off track.

This isn't about labeling your entire life as “good” or “bad.”

It's about **noticing patterns**: What gives you energy? What drains it?

Because the people who learn how to **manage their energy**—not just their time—are the ones who get things done, stay focused, and don't burn out.

Let's get clear on what fuels you.

Use the labeled columns on the next page to begin your personal Fuel Audit.

Part 1 – Audit Your Energy

In the two columns write (or draw):

- **Fuel Sources** – All the things that light you up, build momentum, or make time fly
- **Energy Drains** – All things that leave you discouraged, flat, or stuck

Then highlight:

- ★ **One Fuel Source** you want **more** of
- 🔥 **One Energy Drain** you'd like to reduce, **reframe**, or avoid

Part 2 – Connect Fuel to Action

Ask yourself:

- Which of your fuel sources could **show up** in the real world?
- Have you used this energy before to do something **meaningful**?
- Where could you use it **next**?
- 👉 Now write one specific action you could take this week using that fuel.

Example: “If explaining things energizes me → I could help a classmate prep for a quiz.”

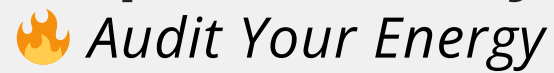
Part 3 – Purpose Meets Reality

Step 1: Circle the skill, interest, or quality you'd **keep doing** even if no one paid you.


Step 2: Now the fun challenge - Pretend you need to earn \$50 using that skill.

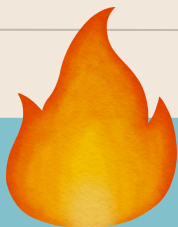
- *What would you actually do? (Be specific)*
- *Who might value this skill?*
- *Where would you start? (Your actual first step)*

The Point: Some passions are beautiful just because they **bring you joy**. But it's **powerful to discover** when something you love could also **create value** for others. That intersection? That's where **purpose** gets really interesting.



Things that **light you up**, build momentum, or make time fly

 **Fuel Sources** (*you want more of*):

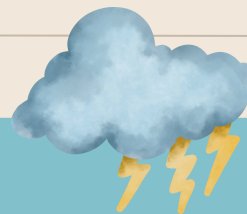


Things that that **leave you discouraged**, flat, or stuck



Energy Drains

(you'd like to reduce, reframe, or avoid):



Write a pretend job ad based on your chosen fuel.

"17-year-old creative thinker available to design social posts for small businesses. Quick turnaround, fresh ideas, knows what teens like."

"Where do you think this could go?"

Use these to **think deeper**—or write about them, or draw them:

- What **surprised** you about what fuels or drains you?
- How can you **protect** your energy better in daily life?
- Which of your “fuel sources” might **connect to something bigger**?
- If someone offered to help you **build that path**, what would you ask for?

Let's Track



Wrap-Up Summary

You just **mapped the difference** between energy and aim.

This isn't fluff—**it's strategy.** You learned that what **fuels you** isn't just a feeling.

It's a signal—a directional force. And you're the one holding the wheel.



Share Your Spark

Ask someone close to you:

"What gives you energy when you feel stuck?"

Then **share one of yours.**

(Not every moment has to be deep —but this one might be.)

Tracker: Fuel Forward FUEL FORWARD WEEKLY MAP

What to do: Each day this week, **notice** one moment you felt energized or drained. **Write** it down. At the end of the week, **reflect:** *Did I take action with one of my fuel sources? What small change made a difference? What pattern do I see—and how can I use it?*

Day	What Fueled Me	What Drained Me	What I Did With It