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**M2 Lesson 3: How to Find the Work You Love Assignment**

Core Competencies:

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| * Communication | * Thinking | * Personal & Social |

Big Ideas:

* Finding balance between personal and work life promotes well-being

Curricular Competencies:

* Practice effective strategies for healthy school / work / life balance
* Communicate with the intent to highlight personal strengths, talents, accomplishments and abilities
* Identify career-life challenges and opportunities, and generate and apply strategies

Assignment:

Scott Dismore’s TEDTalk is a great reminder for students on how a career they love contributes to their work-life balance. This assignment can be done independently, or as a class. Take the time to discuss Scott’s passing, and how his legend and his passion has continued without him.

Do yourself a favour and take 17 minutes to watch Scott Dinsmore's talk "How to Find the Work You Love". Download the following TEDTalk worksheet and complete during, or after, his talk.

<https://www.ted.com/talks/scott_dinsmore_how_to_find_work_you_love?language=en>

After watching the video and completing the worksheet, answer the following questions in a short reflection:

* One of the most impactful parts of Mr. Dinsmore's talk was the statement "You are the average of the five people you spend the most time with". Think about this statement as it reflects on your own life. Who are the five people that you spend the most time with? Do you agree that you are an average of those five people? Explain why or why not.
* Mr. Dinsmore stresses the point that we are all ordinary people who are capable of doing extraordinary things. To do extraordinary things, though, you don't need to meet better people, you just need to meet new people and maintain relationships with the people who are able to inspire possibilities in your life. What can you do at this point of your life in order to meet new people to inspire possibility?
* Traumatically, Scott Dinsmore passed away in 2015. Read the following article about his passing and how he impacted the lives of others. Scott positively affected the lives of many, take some time to search what others have said about Mr. Dinsmore's passing.

<https://liveyourlegend.net/in-memory-of-scott-dinsmore/>

*Assessment:*