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

Core Competencies:

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| * Communication
 | * Thinking
 | * Personal & Social
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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

In this lesson, students will watch Scott Dinsmore’s TEDTalk “How to Find Work You Love”, relating the talk to their own perceptions of work-life balance.

For Students:

Discussion:

One of the best ways to work towards finding balance between your personal life and ensuring that you are promoting your well-being is to ensure that the work you do reflects positively on your own values. You can love your work for a variety of reasons, not just because it is something you are madly interested in or pays well, but perhaps because it impacts the lives of others, or even serves a deep need in your community that wouldn't be solved if it wasn't for you and your efforts.

Scott Dinsmore was working a frustrating job at a Fortune 500 company but despite the advice he'd been given to stick with it and build up his résumé, he reconnected with his values, immediately left his job, and began interviewing people about their work and careers. He paid special attention to people who had built careers where they loved doing the work, whether they were paid or not. Pretty soon, people began asking if they could talk to him about their own careers, and 80 percent of them wound up quitting their jobs and going in search of something they couldn't not do.

In Dinsmore's case, the job he couldn't not do turned out to be helping people follow their dreams with a foundation called Live Your Legend (<https://liveyourlegend.net/>) . In the following assignment, learn from Mr. Dinsmore as he shares his journey to live his own legend.

Assignment:

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: