

50 SHORT VERSION

1. Nametag Pre-Activity 5

Set up the “I’ve got a heart for _____” nametags and markers near where participants will enter the room. As they enter, instruct them to fill out a nametag.

As your participants enter, instruct them to fill out a nametag, writing one thing, value, or cause that they have a heart for. It’s best if they write down whatever comes to mind first and resonates. For example, “I’ve got a heart for animals” or “I’ve got a heart for Southern cooking.”

After participants have filled out and put on their nametags, instruct them to introduce themselves to their peers by sharing what matters to them. Encourage people not to sit in their seats, but to move around the room. Challenge them to make as many introductions as possible before the workshop begins. At a few minutes past the start time of your workshop, bring the group back together and have a few people share their answers with everyone.

2. Activity: Part 1 15

Hand out the Heart + Head = Hustle diagram.

Instruct participants to fill in the “heart” section of the Venn diagram. In this area,

they will write the issues, ideas, people, and other things that move them. Tell them that you will read a series of questions to help trigger their thoughts. They can directly respond to these questions by writing their answers in the “heart” section, or they can ignore the prompts and free-write about what moves them.

Read the questions very slowly, giving participants time to write after each question is asked.

- What issues or ideas make your heart beat faster, whether because you are so deeply compelled by them, because you are angered by them, or because you are overjoyed by them?
- What is the primary topic of the articles you always read, and the movies, books, and TV shows to which you are most attracted?
- What are some similar qualities in the people you consistently find yourself drawn to?
- When are you sitting on the edge of your chair?
- What social or environmental problem do you ache to see solved?
- When have you seen injustice?
- Have you ever stood up for anyone? Who? Why? Who would you stand up for, and why?

- What stories resonate with you?
Why?
- Who are “your people”?
- When you imagine the world you want to live in what three words come to mind?
- What feels like “home” to you?
- If you were starting an organization or project, what values would you shape it around?
- When your inbox is full, what emails do you always open first? What organizations or individuals are they from? What is the topic of these emails?

After you have asked all the questions, give your participants an additional three to four minutes to free-write about what moves them. In total, this should take about seven minutes.

Now ask the participants to fill in the “head” section of the Venn diagram with their skills, abilities, knowledge, connections, and everything else they personally bring to the table. Again, tell them that you will read a series of questions to help trigger their thoughts. They can directly respond to these questions, or they can ignore them and free-write about their strengths. As before, read the questions very slowly, giving participants time to write after each question is asked.

- What do you know inside and out?
- What groups or individuals do you know well or have unique access to?
- What education, traditional or non-traditional, perhaps from a neighbor or uncle, do you have?
- What have you learned for your jobs; things you would put on a resume and things you wouldn’t?
- What are your tangible skills and intangible strengths?
- What experiences have you had that have given you insights or information that most others do not have? What are these insights?
- What are the three things that your best friends, your family, and your mentor would agree you are best at?
- What is your role in groups—whether you are with your friends, your family, or your peers? Are you usually the pragmatist? The entertainer? The organizer?
- Imagine that when you leave this session, you receive three emails—personal, professional, and semi-professional—all asking something of you. What are these people asking of you? What do they see you as an expert in? What do you wish they were asking you?

After you have asked all the questions, give the participants an additional three to four minutes to free-write about their strengths. In total, this should take about seven minutes.

3. Story

At this point in the workshop, we encourage you to share a story. How did you discover your own heart? How about your head? Was there a moment in which your heart and your head came into alignment? How did this happen? There is no need to share your entire life history; sometimes a snapshot is even more meaningful.

If you'd prefer, you also can have someone from your community share their story. Is there an alumnus of your program or school whose story of aligning their heart and their head moves you?

Another option is retelling the story of Andrew, Cheryl, Mark, Mardie, or Socheata. Each of these Echoing Green Fellows featured in the *Work on Purpose* book found a different way to sync their heart and head and create a meaningful career with social impact. Did one of their stories resonate with you more than the others? This is a great time to either retell the story, or engage the group in a discussion on it.

4. Activity: Part 2

Next, it is time for your participants to fill

in the “hustle” section of their worksheet, the section in which the heart and the head overlap. Here your participants should list various ways that they can combine their heart and their head.

Prompt them to begin writing with the following:

- Now that we've identified some important components of our hearts and heads, we're going to move into the “hustle” section. When we talk about “hustle,” we are referring to times in your life when you're in the zone, losing track of time, because you are doing the work that you would do for free—even if you are getting paid for it!
- Look back to your “heart” and “head” sections. Pick one idea from each and see if you can find a way to combine them into a “hustle.” This is the time to get creative, to play with ideas.
- We want you to write as many hustles as possible and surprise yourself!
- Some of the hustles you write down can be things you would never really do. You are not deciding the rest of your life right now; you're just playing. So be creative, be messy, and write on the back of the page if you need to. Get it all down.

As your participants write, read the following triggers. In total, give them seven minutes to write.

- Hustles can be topics, like the history of social change movements. Your hustle can be a question for you to investigate or consider.
- They can be job titles or career paths.
- They can be roles: think about boards, volunteer opportunities, paid or unpaid work.
- They can be artistic projects.
- They can be organizations or schools, existing or non-existing.
- They can be complete thoughts or just fragments, shards of an idea.
- Some things you write down may be natural extensions of the work you do now—they may be activities or ideas that you can incorporate into your work or your life as it is now. Other things may require radical change.
- You can write fragments, single words, or full paragraphs.

5. Large Group Discussion 5

Come back together and encourage a few people to share their hustles and how they came to them with the whole group.

6. Closing 7

Have participants return to their worksheets and select one hustle that is particularly interesting to them. Encourage them to write on the bottom of the worksheet one action they will take that week to forward their hustle, something specific and concrete. It could be to research their hustle topic, to contact someone who has a similar job, or to begin volunteering a place that moves them.

Encourage them to think about the resources that they have access to through your school or organization. You may want to take a moment to tell them about particular resources that you think they may benefit from, and to hand out materials about these resources.

Have everyone share their action items with the group, and challenge participants to hold each other accountable for following through with their action.

Finally, hand out the Work on Purpose sign-in sheet, and have all participants write down their names and, if they are comfortable with providing them, their email addresses. Let them know that you will be sending this information to Echoing Green, and that if they include their email addresses, they will receive evaluation forms as well as helpful tips and tools for creating a purposeful life and career. These

tips and tools will be sent out approximately every two to three months.

Have them sign in with both name and email address even if they have given these to us in the past, as it helps us to track important data, such as how many sessions individual participants have attended.

Afterward, scan the Work on Purpose sign-in sheet and email it to workonpurpose@echoinggreen.org.

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A PROGRAM OF ECHOING GREEN

I'VE GOT A HEART FOR



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HEART

HUSTLE

HEAD

*One step I will take this week
towards achieving my hustle is* ◀

