



# 1

## The Purpose Quiz

*Where and how do you find meaning and purpose in life currently? It might feel like a tough question, but it matters. Purpose is linked to better health and a stronger sense of self, especially when it not only inspires you, but also helps the people around you.*

The best place to start this purpose journey is by examining where you are right now.

- **Step One:** Follow this link and under quizzes, take the Purpose in Life Quiz: [https://greatergood.berkeley.edu/quizzes/take\\_quiz/purpose\\_in\\_life](https://greatergood.berkeley.edu/quizzes/take_quiz/purpose_in_life)
- **Step Two:** At the end of the quiz when you get your results, there will be a list of suggestions on how to strengthen your purpose, please pick one of them and explore it further.
- **Step Three:** Looking for an extra challenge? Invite your fellow 4-H'ers to try this activity together at a meeting and share your reflections as a group!



PURPOSE IN LIFE QUIZ

# 2

## Purpose Talk

### Questions to explore with a trusted adult

*Here are four questions you can ask a trusted adult or leader in your life as you explore your purpose and how it relates to your future and career. You can also ask yourself these questions. Feel free to ask the questions back to them too!*

- **What do you think my strengths and talents are?**
- **How do you think I can use my skills and talents in a meaningful way?**
- **How do you see me contributing to the world in the future?**
- **What advice would you give to help me leave my mark on the world?**



# 3

## Adulting 101

Adulting can be HARD! Here are some tried and true tips, tricks, and references



### Budgeting & Money Management

It can be hard to figure out a budget and manage your finances as you grow up – here are a few tips to help ease that worry!

- **Practice makes perfect** practice financial decision-making, prioritization, and problem solving by writing out your budget monthly. Separate your expense by categories: food/groceries, rent/mortgage, transportation, leisure (fun stuff!)
- **Track your income** list all sources of income, including allowances, part-time jobs, chore payments, or gifts
- **Set budget categories** you can divide your money into categories such as: **Needs** (essentials like transportation, school supplies, or personal care), **Wants** (entertainment, hobbies, or eating out), **Savings** (short-term goals like a new phone, or long-term goals like college/university or a car), **Emergency fund** (small amounts set aside for unexpected expenses)
- **Use a budgeting system** you can choose whatever system work for you! Here are a few examples:
  - › Envelope method: cash for each category in separate envelopes
  - › Spreadsheet or app: track income and expense digitally
  - › Printable worksheets: monthly planners or budget templates to visualize spending
- **Prioritize wants vs. needs**
- **Save regularly** even small amounts, like \$5 a week, can accumulate over time
- **Review and Adjust** budgets should be flexible and you should review your spending weekly or monthly, adjust categories as needed, and reflect on progress toward savings goals

### Resume Writing

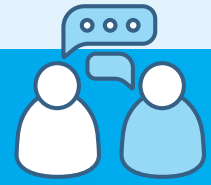
Building confidence and skills in writing professional documents that will help you land a job can be daunting, but here are a few tips to help!



- **Highlight transferable skills** include abilities/skills from school, volunteering, sports, or hobbies (e.g., teamwork, time management, problem-solving)
  - **Focus on achievements, not just tasks** instead of “helped at a school event”, you can say “organized and managed ticket sales for 200+ attendees”
  - **Keep it concise** one page is ideal for a resume. You can use clear headings such as *Education, Skills, Experience, and Activities* to keep it clear and concise
  - **Use action verbs** use words like *organized, assisted, created, led, and improved* to make your contributions stand out
  - **Tailor for each job** adjust your resume to match the skills and keywords in the job posting
- ### Cover Letter Writing
- **Start with enthusiasm** at the beginning of your cover letter, show genuine interest in the role and the company (“I’m very interested in the work your company does...”)
  - **Connect your skills to the job** even if your experience is from school or volunteering, explain how it’s relevant to the job you’re applying for
  - **Share a short story or example** a quick anecdote can help you stand out (e.g., “While organizing a school fundraiser, I learned how to manage deadlines and work with a team under pressure.”)
  - **End with confidence** politely express that you appreciate their time and that you’d welcome the chance to discuss how you can contribute to this position!

## Interview Skills

*Interviews can be nerve-wracking and scary. Here are a few tips to ease those nerves and prepare you to communicate with confidence!*



- **Do your research** before the interview, learn as much as you can about the company and the role you are applying for. Review the company's/organization's history, mission and values. Understanding the job description will help you anticipate questions and showcase your interest in the position
- **Dress appropriately** choose neat, professional attire suitable for the job
- **Show enthusiasm** speak clearly, maintain eye contact, and demonstrate a positive attitude
- **Practice common interview questions** familiarize yourself with common interview questions that hiring managers often ask, such as:
  - › Why do you want to work for us
  - › What are your strengths and weaknesses
  - › What makes you the best candidate for this job?
  - › What have you learned in school that will help you in this position?
  - › Tell me about a problem you solved recently

By preparing for these kinds of questions and practicing thoughtful answers, you can approach interviews with confidence and make a strong impression!

## Time Management & Productivity

*Trying to balance school, work, volunteering, and a personal life can feel overwhelming! Here are a few tips to ease that stress and develop prioritization and planning skills.*



- **The Eisenhower Matrix** a useful tool in helping categorize tasks into 4 quadrants (urgent and important, important but not urgent, urgent but not important, and neither)
- **Create a schedule** using planners or digital calendars can help teens visualize their commitments. This should include all activities such as schoolwork, extracurriculars, and social events to ensure you allocate your time effectively
- **Limit Distractions** minimizing distractions such as social media and video games during study time can help enhance focus
- **Time Management Apps** there are various apps available that can assist with time management, task track and deadlines. Some examples are: StayFocusd and myHomework Student Planner
- **Pomodoro Technique** this technique involves working for a set period (usually around 25 minutes) followed by a short break. This can help maintain focus and prevent burnout

By engaging with one or more of these strategies/techniques, you can significantly enhance your time management and productivity skills which can help prepare you for the responsibilities of adult life!



# 4

## “Roots to Routes”

### (who they are — where they could grow)

Below are several 4-H members along with their unique traits and interests. Explore their hobbies and characteristics, then work with your friends to brainstorm as many career pathways as you can that connect to agriculture and beyond- you might be surprised by how many possibilities there really are!



**Alex** Age: 20  
Club: Balzac Beef Club  
Province: AB

#### ABOUT ME:

- Alex has been involved since being a cleaver/cloverbud.
- Completed every beef project his club offers
- Has attended many provincial events.
- Very proud of his time in 4-H, and speaks highly of the program

#### 4-H INVOLVEMENT:

- Club Executive
- Beef project member

#### EXTRACURRICULARS:

- 4-H is his life!!
- Hockey
- School debate Club

#### BARRIERS TO PARTICIPATION:

- As a senior member, Alex feels like he has done everything the program has to offer.
- Yearly activities feel repetitive.
- Feels like he has just become a babysitter to younger members.



**Oscar** Age: 19  
Club: Happy Feet 4-H Club  
Province: SK

#### ABOUT ME:

- Working on my final 2 years of getting my Ag Mechanic ticket.
- Loves volunteering my time at the local curling rink and being outdoors

#### 4-H INVOLVEMENT:

- District Secretary
- North Region
- Ambassador
- Club Media Officer

#### EXTRACURRICULARS:

- Teaching Curling
- Reffing Volleyball
- Hiking

#### BARRIERS TO PARTICIPATION:

- Has a very busy seasonal work schedule that matches with busy time of year in 4-H
- Lives in rural area so long drive to any event
- Busy home life on family farm



**Sally** Age: 18  
Club: YAC 4-H Club  
Province: NS

#### ABOUT ME:

- Highschool senior
- Aspiring to go to Nursing School
- Involved since they were a cloverbud

#### 4-H INVOLVEMENT:

- Club President
- Jr. Leader
- Draft Horse Project

#### EXTRACURRICULARS:

- Part time job
- Soccer Practice

#### BARRIERS TO PARTICIPATION:

- Struggles to make meetings due to work
- Wants to help younger members but is not getting the professional development skills she wants to grow

**Start today. Reflect on your strengths, explore new opportunities, and take the first step toward your future.**



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