

The Passion Discovery Workbook

Helping You Uncover What Lights Your Child Up



By Dana Berg, Creator of the Ravanah Way & Author of Ignite Their Passion: How to Uncover Every Child's Unique Spark, Strengths and Purpose so They Can Live in Alignment with Who They Are

Dear Parent,

Every child is born with a unique spark — a natural drive that, when noticed and nurtured, can guide them toward a lifetime of fulfillment and joy. But in today's busy, standardized world, that spark can easily be overlooked or dimmed.

This workbook is your gentle invitation to pause, observe, and rediscover what truly makes your child come alive. Through simple reflections and prompts, you'll begin to see patterns that reveal your child's authentic passions and strengths — the clues to their purpose and potential.

"The greatest gift we can give our children is permission to be who they already are."

— Dana Berg

Use these prompts to notice moments of genuine excitement and engagement. Write freely — there are no wrong answers.

Reflection Prompts:

1. When does your child lose track of time because they're so absorbed in what they're doing?
2. What activities or subjects do they talk about most enthusiastically?

3. When do their eyes light up?
4. What do they choose to do even when no one asks them to?
5. If they could plan one “perfect day,” what would it include?

 **Parent Insight Box:**

Circle or highlight the words that repeat or stand out. These are clues to their **core interests** or **early passions**.

Signs of Flow and Frustration

Children experience two kinds of energy in learning — *flow* and *friction*. Flow shows alignment; friction often points to misalignment or unmet needs.

Signs of Flow	Signs of Frustration
Joyful focus	Easily distracted
Deep curiosity	Avoids certain subjects
Confidence	Says “I’m bad at this”
Creative experimentation	Fear of mistakes
Time disappears	Time drags on

Reflection Questions:

- When do you see your child in flow?
- What patterns emerge in the activities that frustrate them most?
- Could those frustrations be related to mismatched learning styles or environments?

 *Hint:* Flow is not about perfection — it’s about engagement. Frustration can be a sign your child’s strengths are being overlooked.

Creating a Passion-Nurturing Home

You can't manufacture passion, but you can *make space for it to bloom*.

Ideas to Try:

- **Observe without judgment.** Let curiosity, not correction, lead.
- **Create time for exploration.** Protect unscheduled hours for free play or projects.
- **Celebrate effort and curiosity,** not just achievement.
- **Model passion.** Let your children see *you* doing what lights *you* up.
- **Provide materials that spark interest.** Books, tools, art supplies, kits — follow their lead.
- **Talk about purpose.** Ask: “How did that make you feel?” “What part did you enjoy most?”

Mini-Exercise:

Write three small changes you could make this week to create a more passion-friendly home.

1. _____
 2. _____
 3. _____
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Personal Roadmap Template

Use this simplified version of the “Personal Roadmap” featured in *Ignite Their Passion*.

Category	Your Child's Response	Parent Observations
Interests (What they love)		
Strengths (What they're naturally good at)		
Values (What matters most to them)		
Preferred Learning Style (Visual, Auditory, Kinesthetic, etc.)		
Flow Activities (When they feel “in the zone”)		

Future Dreams or Themes (What they imagine becoming)

 **Parent Reflection:**

What patterns do you see? How do these clues connect to their happiness, motivation, or well-being?

Keep the Spark Alive

3 Practices for Lifelong Passion Alignment:

1. **Stay Curious Together:** Ask open-ended questions and explore new interests side by side.
2. **Revisit the Roadmap Often:** Children evolve — review this every few months to notice growth.
3. **Encourage Autonomy:** Let them lead their learning whenever possible.

“A child who knows their passions becomes an adult who knows their purpose.”

Next Steps

You’ve taken the first step toward unlocking your child’s potential. To go deeper:

 **Read the Book:** *Ignite Their Passion* — discover the full roadmap for nurturing strengths, passions, and purpose.

 **Learn About the Ravanah Way:** Explore a new educational model built around every child’s unique spark.

 **Join Our Community:** Sign up for free resources, workshops, and parent circles at [YourWebsite].

Call to Action:

 *For the full framework and real-world examples, read **Ignite Their Passion**.*
Because every child deserves to live a life in alignment with what they love.