

The Spark Self-Assessment

Used from the book Sparks by Peter Benson, Ph.D.

1. Do you have a special talent or interest that gives you joy and energy and is an important part of who you are?
 - a. Definitely
 - b. I think so
 - c. Maybe
 - d. No

2. Which of the following best describes you?
 - a. I feel happy and energized all the time.
 - b. I feel happy and energized when I do one or two special things.
 - c. I sometimes feel happy and energized.
 - d. I hardly ever feel happy and energized.

3. When people have a special talent or interest, we sometimes say they have a “spark” in their life. A spark is something they’re passionate about; it really fires them up, gives them joy and energy, and is an important part of who they are. It doesn’t really matter what the spark is, just as long as it gives life purpose, direction, meaning, or focus. How often do you have this kind of spark in your life?
 - a. Every day
 - b. Most days
 - c. Sometimes
 - d. Hardly ever

4. How many sparks do you think you have? A spark can be doing art, learning another language, volunteering, playing a sport or musical instrument, taking care of animals, reading, using a computer to do creative things, fixing or building something, and so on.
 - a. Three or more
 - b. Two
 - c. One
 - d. Zero

5. What are your sparks? List each one.

6. How often do you develop, use, or express your interests, talents, or sparks?
 - a. Every day
 - b. Most days
 - c. Sometimes
 - d. Hardly ever
7. Which statement is most true about you?
 - a. Ever since I was young, I've always had some kind of spark in my life.
 - b. I first discovered my sparks a few years ago.
 - c. I'm just now learning what my sparks are.
 - d. I've had sparks before, but I don't right now.
 - e. I've never really had any sparks in my life.
8. How much do you agree or disagree with this statement? *I set goals about developing and getting better at my sparks.*
 - a. Strongly agree
 - b. Agree
 - c. Disagree
 - d. Strongly disagree
9. How much do you agree or disagree with this statement? *I am not afraid to talk about my sparks or show people what my sparks are.*
 - a. Strongly agree
 - b. Agree
 - c. Disagree
 - d. Strongly disagree
10. How much does this statement describe you? *I feel a sense of purpose or meaning in life.*
 - a. This is a lot like me.
 - b. This is sort of like me.
 - c. This is a little like me.
 - d. This is not at all like me.
11. How much does this statement describe you? *I believe I am going to make a difference in the world.*
 - a. This is a lot like me.
 - b. This is sort of like me.
 - c. This is a little like me.
 - d. This is not at all like me.