

"Step-It-Up-2-Thrive" Theory of Change

Goal Management

**Step 4**

Goal Setting

Thriving Indicators

Pursuit of Strategies

**Step 3**

Shifting Gears

Love of learning

Growth Mindset

Life Skills

**Step 2**

Healthy Habits

Abilities can grow -  
especially when a child  
takes on challenges.

Emotional Competence

Social Skills

Positive Relationships

Spiritual Growth

Character

Caring

Confidence

Resourcefulness

Purpose

Sparks and Spark  
Champions

**STEP 1**

Sparks are passionate  
interest.

Spark Champions are adults  
who help children develop  
their sparks.

Resource: "Heck, Kay, Subramanian, A. and Carlos, R. (2010) The Step-It-Up-Thrive Theory of Change. Center for Youth Development. University of California