career ★ girls

LEARN ABOUT OVERCOMING OBSTACLES!

Empowerment Topic: Overcoming Obstacles

Name: _____   **Date:** _____

The "Overcoming Obstacles" video, features role models sharing effective ways they have learned to overcome difficulties on the road to success.

Watch the video at least once. Read each item below. Then think carefully and use the blank lines to answer the questions and share your ideas.

1. **Obstacles are lessons.**

    What do you think is meant by this sentence?
    _____
    _____
    _____
    _____

    Why is it a valuable thing to think of an obstacle as a lesson?
    _____
    _____
    _____
    _____

2. **It's helpful to view obstacles as challenges that can be broken down into smaller goals.**

    What is the difference between an obstacle and a challenge?
    _____
    _____
    _____
    _____

Why is it helpful to view a challenge as a series of small goals?

_____

_____

_____

_____

3. **Sometimes, we create our own obstacles by paying attention to drama. It's best to keep it simple.**

   Why do you think it is so easy to pay attention to drama in our daily experiences?

   _____

   _____

   _____

   _____

   Why is it a good idea to ignore drama in the situations we encounter?

   _____

   _____

   _____

   _____

4. **It's important to rely on yourself and others to help overcome obstacles.**

   To rely on someone means to trust they will be there for you. How can you begin to trust that you will do the best things possible for yourself when trying to overcome obstacles?

   _____

   _____

   _____

   _____

   Why is it important to rely on people you can trust when overcoming obstacles?

   _____

   _____

   _____

   _____

Name some people you think would be helpful to you if you were trying to overcome an obstacle.

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_____

5. **Ask yourself, "How badly do I want that thing on the other side of the obstacle?"**

What do you think she meant by this? Explain.

_____

_____

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_____

Tell about a time when you felt it was very important for you to try to overcome an obstacle.

_____

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_____

Tell about a time when you felt it was not very important for you to try to overcome an obstacle.

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6. **Life is not a sprint; it's a marathon!**

What is the difference between a sprint and a marathon?

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Do you agree it is better to think of life as a marathon than a sprint? Why or why not?

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7. You are going to make mistakes.

Explain what people mean when they say, "It's important to learn from your mistakes."

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Tell about a mistake you made that you learned from.

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