

# Embrace Challenges/Problems /Obstacles

Keeping a growth mindset means taking on challenges, barriers, obstacles or problems as they arise. Rather than complain, face them head on and remain positive. In some cases they may require a step by step plan or a change in strategy.

**Face it:**



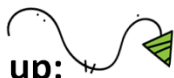
*If you encounter an obstacle, barrier or challenge, don't run from it. Face it and remain positive. Do not dwell on the negative.*

**Make a plan:**



*Assess it and identify steps for moving forward.*

**Don't give up:**



*Giving up doesn't resolve the challenge nor will you learn from it. Stick with your plan, revise if necessary and request support or assistance.*

**Your task:**

*Consider and describe a time when you faced and dealt with a challenge, problem, obstacle or barrier and overcame it. Describe what it was and how you moved from a setback to a comeback. This can be about anything, sports related, hobby, social goal or academic. Be specific in detail and explain how you confronted it and overcame it.*