

Embrace Challenges/Problems

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:

For each area below, identify your strengths / weaknesses by adding S or W in each column and explain why it is a strength or weakness. For each weakness – state a goal for improvement.

Face it	Make a plan	Don't give up

Math:

Science:

Physical activities:

Geography:

Reading:

Writing:

Art:

Music:

Hobby: _____

Problem Solving: