

# Overcoming Challenges/Obstacles Research

To enhance and improve your growth mindset, it is essential to work through challenges, obstacles and problems. Take for example, Diana Nyad who swam from Cuba to Florida (*100 miles*) it took her 4 tries to achieve success. Jim Carey – famous actor used to be homeless. Steven King, famous author's first novel was rejected 30 times. Michael Jordan, famous basketball player was cut from his school high school team. All of these individuals and many more turned their setbacks (challenges, problems, barriers and obstacles into comebacks.

It is next to impossible to achieve anything worthwhile, without at first encountering problems, obstacles or challenges. It requires making decisions, making a plan, possibly changing strategies and turning setbacks into comebacks.

## **Your task:**

*Research an athlete, writer, government official, or musician, hero or other who had to overcome some major difficulties. Explain how they overcame challenges, problems, barriers or obstacles. What strategies did they use? Did they remain positive? What helped them overcome the challenges, problems, barriers or obstacles?*