



Overcoming Challenges



Name: _____

Form: _____

Teacher: _____

- LO Identify challenges
Identify strategies to overcome challenges

Overcoming challenges

New challenges help us grow - an opportunity to learn new things about yourself, and develop skills.

New things, uncertain things can make us fearful - fear of the unknown.

**REASONS FOR
DOING THIS**

Task 1: Prepare for a discussion about a challenge you have faced in the past and how you overcame your fears. Make notes below.

LO Identify challenges
Identify strategies to overcome challenges

Task 2: In pairs, list the challenges that you are likely to face in the next 2 or 3 years.
Rank the top three challenges.

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Rank	Challenge	Reason

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Common types of fears

Embarrassment

Failure

Pain

Rejection

Not being good enough

Task 3: Choose one of the biggest challenges you will face in the near future.
List your biggest fears about this challenge.

The challenge is _____

List your biggest fears about this challenge

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Task 4: Choose two fears you had about your challenge.
List ways in which your fears can be overcome.

Fear 1:

How it can be overcome

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Fear 2:

How it can be overcome

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Task 5: In small groups, shares ideas about how fears can be overcome.

PREVIEW

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Extension task : Research

Find out about people who have faced challenges and how they overcame them. Some people are listed below.

. President Franklin Roosevelt . Vincent Van Gogh . Oprah Winfrey . Walt Disney

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End of lesson: Discussion.

What challenges do you fear the most?

How can fears be overcome?

PREVIEW

