

# Taking on a New Challenge

- 1 What are some things that give you purpose and meaning in life? This might be anything, from being a kind friend to others to succeeding in school or practicing a religion.

---

---

---

---

- 2 When people approach a new project or activity, there's not only one successful way to do so. We can approach new, challenging situations in a way that works uniquely for us. For example, maybe when you had to take a particularly hard biology test, you made a lot of flashcards to prepare versus just reading the material as you normally do for science tests. Or maybe when you wanted to learn a new skill, such as creative writing, you practiced in the morning, when you're most productive. Think of a time when you tried something new that you found challenging — a past experience. Write down some of the strategies you used to achieve this goal that worked particularly well for you.

---

---

---

---

- 3 What is one challenging, medium-sized goal (i.e. the goal should take you at least several weeks to achieve) that you want to accomplish?

---

---

---

---

**Source:** This content is hosted by Meta and currently includes learning resources drawn from Youth and Media at the Berkman Klein Center for Internet & Society at Harvard University under a Creative Commons Attribution-ShareAlike 4.0 International license. You can make use of them, including copying and preparing derivative works, whether commercial or non-commercial, so long as you attribute Youth and Media as the original source and follow the other terms of the license, sharing any further works under the same terms.