

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?

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