

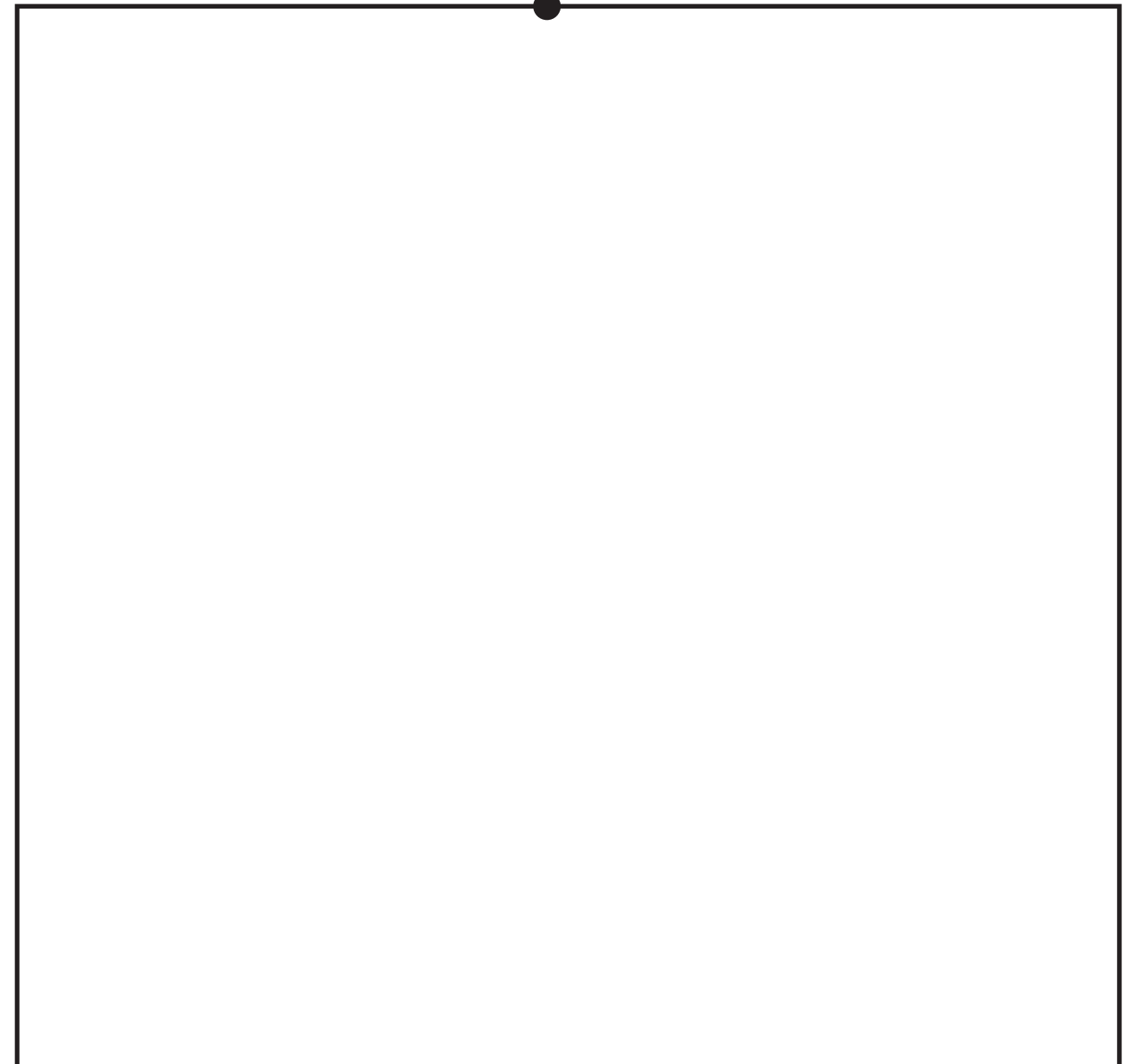
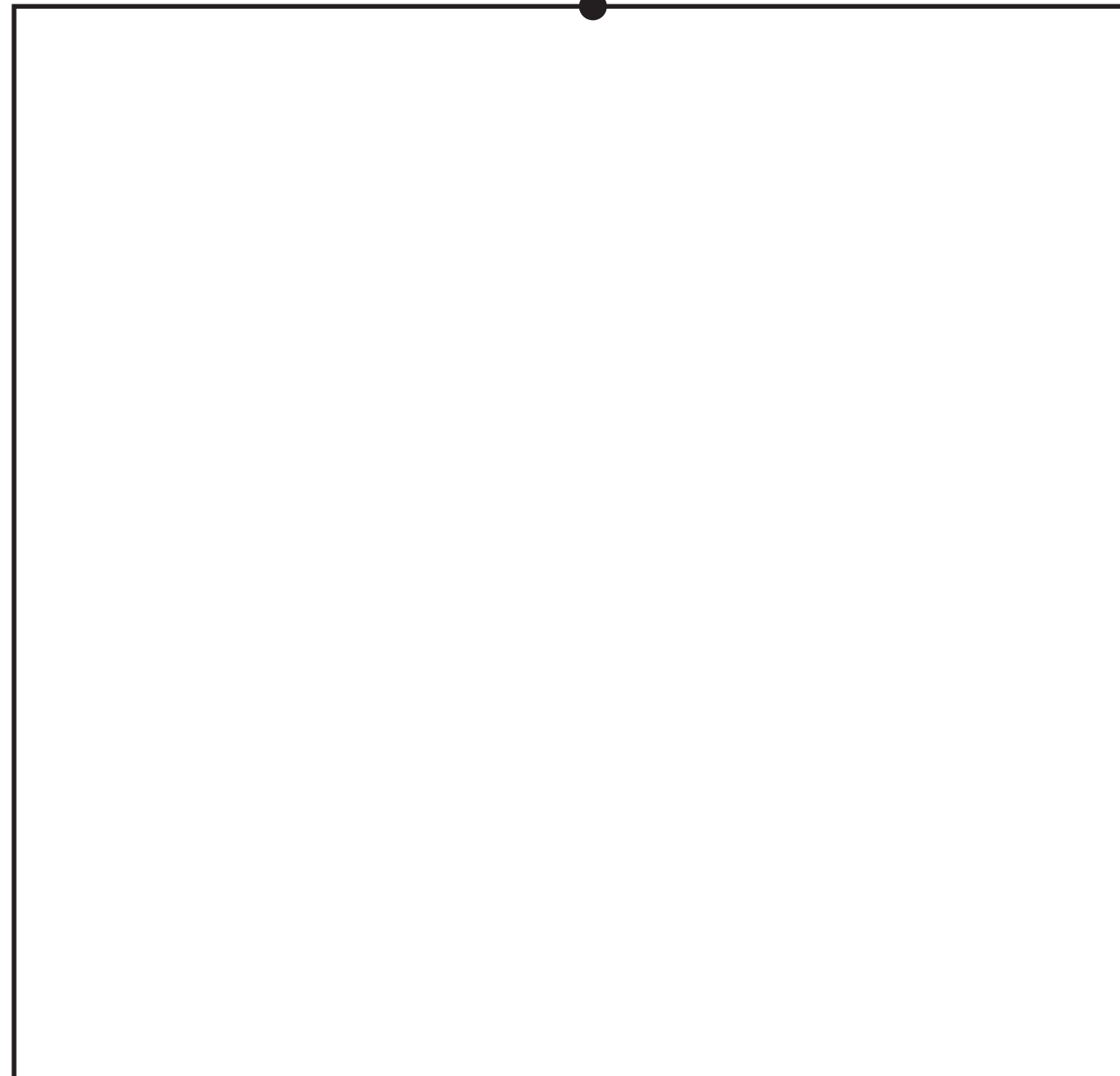
Worksheet 7.1 - Recognizing my challenges

Instruction:

1. Prepare TWO different colour sticky notes. Assign Colour 1 as 'Challenges that are WITHIN my control' and Colour 2 as 'Challenges that are NOT WITHIN my control'.
2. Refer to your Goal Maze (Worksheet 6.2). For each of the challenges, divide them based on the two categories above. One challenge, one sticky note.
3. Stick them in the respective columns below.

**Challenges that are
WITHIN my control
(Challenges that I can
do something about)**

**Challenges that are
NOT WITHIN my control
(Challenges that I cannot
do anything about)**



Worksheet 7.2 - Action Plan for challenges within my control

Instruction:

For each of the challenges that is within your control, develop an action plan to address it.

Think of as many ways and ideas that may be able to help you overcome this challenge.

Consider your strengths, support system, and resources around you.

Challenge WITHIN my control

ACTION PLAN

This is a challenge WITHIN my control:

These are some of the things I can do to address this challenge:

Challenge WITHIN my control

ACTION PLAN

This is a challenge WITHIN my control:

These are some of the things I can do to address this challenge:

Challenge WITHIN my control

ACTION PLAN

This is a challenge WITHIN my control:

These are some of the things I can do to address this challenge:

Challenge WITHIN my control

ACTION PLAN

This is a challenge WITHIN my control:

These are some of the things I can do to address this challenge:

Challenge WITHIN my control

ACTION PLAN

This is a challenge WITHIN my control:

These are some of the things I can do to address this challenge:

Challenge WITHIN my control

ACTION PLAN

This is a challenge WITHIN my control:

These are some of the things I can do to address this challenge:

Worksheet 7.3 - Action Plan for challenges NOT WITHIN my control

Instruction:

For each of the challenges that is NOT WITHIN your control, develop an alternative action plan to address it.

Consider the people, resources, and alternative options around you.

Think of actions you can take to minimize the impact of each challenge to your goal.

Ask yourself this question: If the challenge cannot be solved, can you still achieve your goal? If NO, are there any changes you can make to your goal? Should you work on another goal instead?

Challenge NOT WITHIN my control

ACTION PLAN

This is a challenge NOT WITHIN my control:

- These are some people who may be able to help me.
- These are some resources I can use to help me.
- These are some ways I can use to minimize the impact of this challenge to my goal.
- These are some alternatives I can consider.

If this challenge cannot be solved, can you still achieve your goal? YES NO

Challenge NOT WITHIN my control

ACTION PLAN

This is a challenge NOT WITHIN my control:

- These are some people who may be able to help me.
- These are some resources I can use to help me.
- These are some ways I can use to minimize the impact of this challenge to my goal.
- These are some alternatives I can consider.

If this challenge cannot be solved, can you still achieve your goal? YES NO

Challenge NOT WITHIN my control

ACTION PLAN

This is a challenge NOT WITHIN my control:

- These are some people who may be able to help me.
- These are some resources I can use to help me.
- These are some ways I can use to minimize the impact of this challenge to my goal.
- These are some alternatives I can consider.

If this challenge cannot be solved, can you still achieve your goal? YES NO

Challenge NOT WITHIN my control

ACTION PLAN

This is a challenge NOT WITHIN my control:

- These are some people who may be able to help me.
- These are some resources I can use to help me.
- These are some ways I can use to minimize the impact of this challenge to my goal.
- These are some alternatives I can consider.

If this challenge cannot be solved, can you still achieve your goal? YES NO

Challenge NOT WITHIN my control

ACTION PLAN

This is a challenge NOT WITHIN my control:

- These are some people who may be able to help me.
- These are some resources I can use to help me.
- These are some ways I can use to minimize the impact of this challenge to my goal.
- These are some alternatives I can consider.

If this challenge cannot be solved, can you still achieve your goal? YES NO

Challenge NOT WITHIN my control

ACTION PLAN

This is a challenge NOT WITHIN my control:

- These are some people who may be able to help me.
- These are some resources I can use to help me.
- These are some ways I can use to minimize the impact of this challenge to my goal.
- These are some alternatives I can consider.

If this challenge cannot be solved, can you still achieve your goal? YES NO