

When the going gets tough, the tough get going!

Watch this TED Talk video, then read the following before completing the assignment:
<https://youtu.be/aqTZLKFUKEY>

Ben Saunders talks about pushing the limits of potential and states, "No one else is the authority on your potential - you're the only person that decides how far you'll go." He goes on to talk about the importance of "goals, determination, and self-belief," and says, "We can all accomplish great things through ambition, through passion, sheer stubbornness, and a refusal to quit."

It is often said that without taking risks you can become complacent and never reach your full potential. Risks are about pushing yourself outside of your comfort zone and confronting challenges that may be holding you back. No one is expecting you to walk to the South Pole and back, but what challenge might you take on if time, money, and the required preparations were not obstacles? If you were to endeavor to take on something risky and outside your comfort zone, what would it be?



You have just listened to Ben Saunders talk about the challenges and adversity that he faced trekking through Antarctica. Consider the positive character traits that he had to develop! He had to be innovative, meticulous, adventurous, confident, focused, hard-working, strong, optimistic, adaptable, calm, decisive, resourceful, patient, independent, passionate, curious, organised, methodical, reflective, humble, flexible, dedicated, disciplined, trusting, courageous, responsible, capable, and rational to name a few.



Think about challenging situations and decisions that you face. Do you have a goal that you want to accomplish or a fear that you want to overcome? How would doing so build character?



Your task is to identify a personal goal you'd like to work towards and develop an action plan to reach that goal.

What is an action plan? An action plan is simply a blueprint for successfully reaching an objective. Knowing how to make an action plan is valuable - it will help you think about the things you need to do to reach your goal so that you can use your strengths, seek help where you need it, and assess your progress. A good action plan lists all the required action steps that must be completed for a change to occur. Furthermore, the steps must be attainable and measurable, and each step must account for possible opportunities and barriers. In order to construct the action steps, you must first brainstorm a list of possible solutions - this is where a thorough evaluation of the issue/challenge will come in handy.



Your action plan should include the following:

1. Statement of your goal:

- Discuss why achieving this goal is important to you (two to three sentences).
- Discuss at least five character traits that will be developed by reaching your goal (two to three sentences for each trait).

2. Action steps (minimum of five) - each must include:

- What actions or changes will occur? What takes place at this step?
- How will these actions be carried out?
- When will these actions be carried out? What is the timeframe?
- What resources (i.e. people, money, time) are needed to carry out these changes?
- How will the actions be measured? How will you know that the action has been accomplished/completed?

3. Reflection/Synthesis (two to three sentences per bullet point):

- Is your goal attainable? Will you carry out your plan? Why or why not?
- What obstacles are standing in the way of successfully meeting your goal?
- What did you learn in developing the plan? What surprised you?
- How would carrying out the action plan positively reflect on your character?
- How would attempting the action plan benefit your character even if you don't succeed?