



Name: .....

Date: .....

# Overcoming Obstacles: Independent Learning Guide

The role models in the video "Overcoming Obstacles" share effective ways they have learned to overcome difficulties on the road to success.

Watch the video "[Overcoming Obstacles](#)" at least once. Then read each statement below. Think carefully about each question before you answer it.

## 1. Obstacles are lessons.

What do you think is meant by this sentence? Why is it valuable to think of an obstacle as a lesson?

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## 2. It's helpful to view obstacles as challenges that can be broken down into smaller goals.

What is the difference between an obstacle and a challenge? Why is it helpful to view a challenge as a series of small goals?

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**3. Sometimes, we create our own obstacles by paying attention to drama. It's best to keep it simple.**

Why do you think it is so easy to pay attention to drama in our daily experiences? Why is it a good idea to ignore drama in the situations we encounter?

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**4. It's important to rely on yourself and others to help overcome obstacles. To rely on someone means to trust that they will be there for you.**

Why is it important to rely on people you can trust when overcoming obstacles?

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Name some people you think would be helpful to you if you were trying to overcome an obstacle.

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**5. The video told viewers that life is not a sprint; it's a marathon!**

What is the difference between a sprint and a marathon?

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Do you agree it is better to think of life as a marathon than a sprint? Why or why not?

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**6. You are going to make mistakes.**

Explain what people mean when they say, "It's important to learn from your mistakes."

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Tell about a mistake you made that you learned from.

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**7. One role model said to ask yourself, "How badly do I want that thing on the other side of the obstacle?"**

What do you think she meant by this? Explain your answer.

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Tell about a time when you felt it was very important for you to try to overcome an obstacle.

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Tell about a time when you felt it was not very important for you to try to overcome an obstacle.

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