

December Life Skills On The Go | ACTIONS: How Do I Get There? Taking Action & Overcoming Challenges

“I have learned that success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.” — Booker T. Washington

Success is not often achieved without action; and growth comes from overcoming challenges. Take a moment this month to help your mentee understand that in life they must take action-steps in order to reach their full potential. Each time we take a new step we may face obstacles. Share your story with your mentee to help them appreciate how to climb the mountain in front of them for a great reward. Share the feeling and growth that occurs when one overcomes a great hurdle.

Last month you discussed *Setting Goals and Achieving Them*. A big part of achieving goals is taking the action-steps to accomplish them. One positive new action that you take in your life can make a big difference. Consider the potential impact on your youth if they: sought help with their homework, started reading for fun, joined a sports team, or found a faith-based community.

Have a conversation with your mentee...

- Ask them to share a story about a time when they overcame an obstacle in their life. Help them identify what motivations and action-steps made it possible to succeed.
- Share a story from your own life and identify the motivations and action-steps that helped you succeed in that situation.
- Discuss a current struggle that your mentee is facing; offer coaching and encourage them to take positive action-steps.

Helpful Websites

YouTube Video – Famous Failures: <http://www.youtube.com/watch?v=zLYECljmnQs>

30 Quotes on Overcoming Challenges: <http://ecosalon.com/30-quotes-on-overcoming-challenges/>

Activities to do as a Match

- Read a book, watch a movie, or share stories about people taking action and overcoming challenges. This theme is found frequently throughout our culture and people often find it very intriguing. If you have wanted to challenge your mentee to read a book with you this might be a great time. Teach your mentee about a great resource: their community library! Get them signed up for a library card and ask the librarian for help in finding a good book.
- Find Support. AYO assesses and refers youth to supportive community resources. If your mentee is struggling with a specific obstacle, be an advocate for them. Work with your Mentor Specialist to find the support your mentee needs.