



Jumping Hurdles

No matter how hard you try to change and do the right thing, you are still going to have problems and even fail sometimes. To get over the hurdles in your way, you will need to have a plan for how to jump over them. Knowing that you have a plan can give you the courage to keep on trying.

The most important part of your plan for getting over hurdles is the resolve you have to jump back up if you fall. Everyone falls at some point. The winners are the ones who learn to jump back up and never quit.

Introductory Activity