Goal-Setting Challenge

Remember the challenges at SuperCamp? On Outdoor Adventure Day your knees may have been trembling and your palms sweating, but you broke through your fears and you did it! Later you and your team shared your personal feelings of achievement and success.

In short, during Outdoor Adventure Day you committed yourself to growing personally and pushed yourself to the limit. Wouldn’t it be great to take some of that newfound courage to school with you?

Our challenge to you this semester is to take on something new and stretch yourself beyond the limits you have previously set for yourself. Take a look at what you would like to do, then set a goal. There may be a sport you’ve always wanted to play, but you’ve convinced yourself you won’t make the team. You may decide to join a new club or audition for a part in the school play. If you have trouble meeting new people, your goal might be to meet one new person every week, and take the time to build a friendship with that person.

Whatever the goal, it is important that it be something that forces you to stretch yourself a little bit. When self-doubt creeps up on you, remind yourself of the things you accomplished at SuperCamp, the difficulties or fears you had to overcome, and how you felt about yourself afterward. By challenging yourself in this way, you will learn and grow and your self-confidence will increase. You will be amazed at the things you can accomplish once you commit to setting goals and achieving them!

We wish we could be there to cheer you on and celebrate with you like we were at SuperCamp, but we’re sure you’ll find the same support in family and friends if you let them in on the goals you’re working toward! Have fun and enjoy every success along the way! And don’t forget to celebrate—every step along the way and every goal achieved!