



Think for the Future

WOW Pack

Facing Challenges and Overcoming Barriers

This pack has been put together in response to the current situation to support students and staff during school closures. We will be producing packs multiple times per week on a variety of topics. These will also be released on our social media, see our accounts below!



0115 718 0399



www.thinkforthefuture.co.uk



contact@thinkforthefuture.co.uk

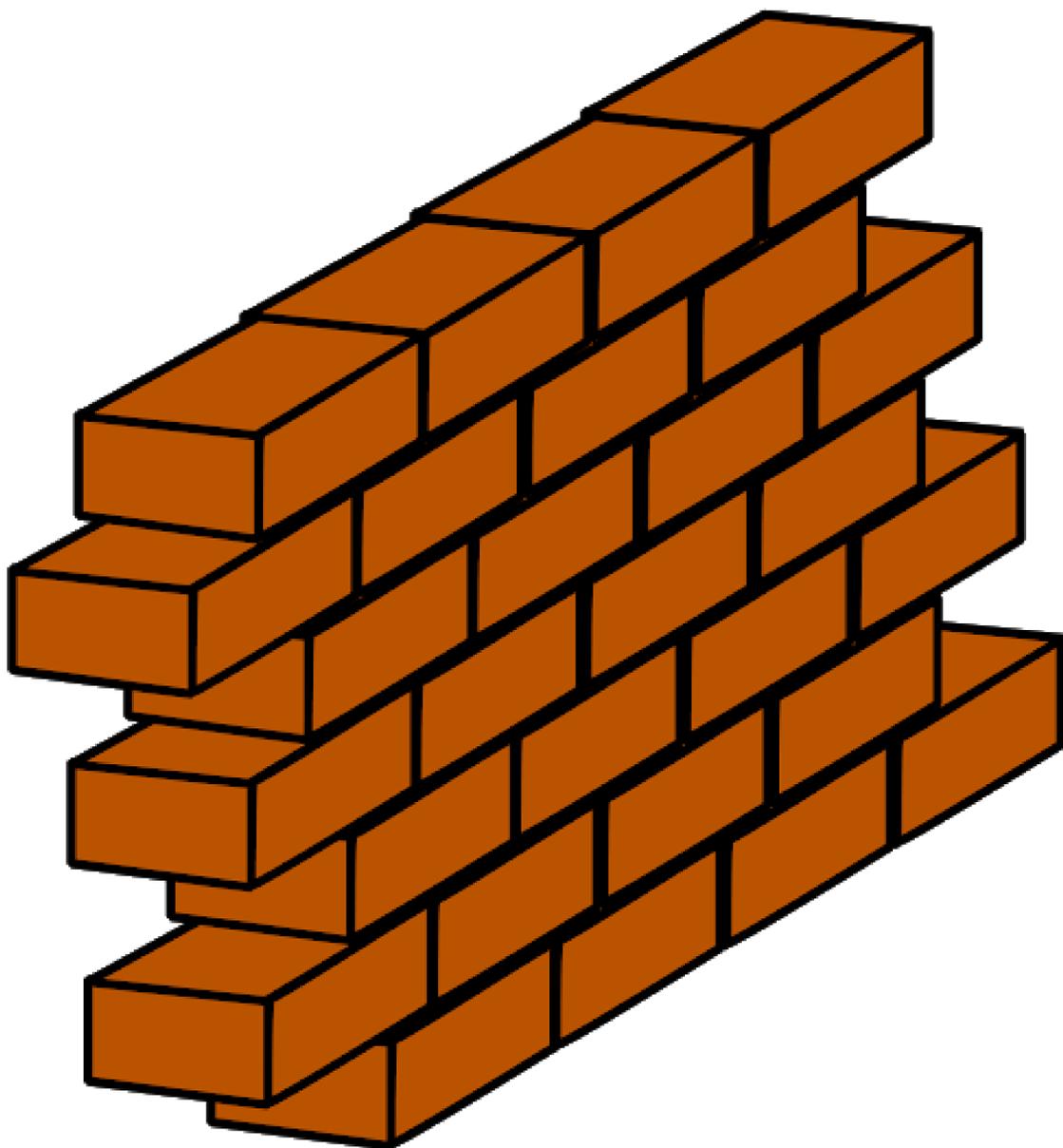


@TFTFuture

Think about it: Facing challenges and overcoming barriers

We all face barriers to our success, and have to face challenges to get what we want.

For each brick, think about one thing which could be in the way of you achieving your goal.



I haven't got
time

I'm not good
enough

I don't know
enough

What do you need to do to be able to
push those barriers down?

Facing challenges and Overcoming barriers

Challenges and difficulties are always going to be a part of life, but they don't stay forever, either they go, or they change or more significantly YOU change and learn and grow as you overcome them.

Some challenges we choose to face and some are forced on us, but either way its more important to think about WHO we are as we face them and not so much HOW we overcome them. We can aim to be positive, kind and strong. Thinking of others and not allowing our minds to be filled with negative thoughts or emotion.

Lastly, and most crucially- don't face challenges alone. Reach out and tell people what is happening, ask for help, talk about it. It takes strength to tell someone your finding it hard, but letting others help you makes you so much stronger than you could be one your own.



In our lives we will always face challenges no matter how big or small. It could be getting on the rollercoaster you always wanted to ride, but you're too scared of the outcome or it could be your next exam.

The important thing is even though these two things seem completely different they are actually very much alike.

The reason why they are the same is your brain is over thinking what if? What if I pass out? What if I get the answer wrong? What if I can't do it? This is where facing a challenge and breaking through the barriers come in to play. What if you don't pass out? What if you get the question right? What if you can do it? This is something only you will find out if you do it.

“What if I can't?...”
“...what if you can!”

When faced with challenges, we have a choice:



sink OR swim?



climb OR fall?

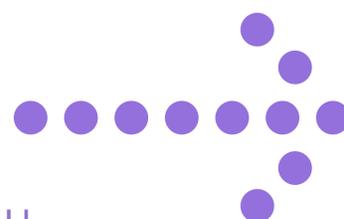


soar or sit?



Watch this

<https://www.youtube.com/watch?v=2MGMvEnoD6U>



Facing challenges and overcoming barriers

Top Tips



"We develop our character muscles by overcoming challenges and obstacles"

Ask for help

We all need a support system, people to guide us and help us on our journey. If you're finding something difficult ask someone you trust for their advice.

A different perspective may also help you realise that the great big barrier you're facing, is not actually that big after all!

Face it head on

Don't beat around the bush. If you are having an issue, do something about it. Burying it does nothing but eat away at you and make it seem like a bigger problem than it actually is.

Conquering your fear will feel a lot better than letting it conquer you.

"The greater the obstacle, the more glory in overcoming it"

"Strength doesn't come from what you can do, it comes from overcoming the things you once thought you couldn't"

Be realistic

Realise you may not get the outcome you want, but rather we sometimes get what we need. Do you have some growing to do before you get what you want? Sometimes the timing isn't right because there is something better and we just need to be patient.

Break it down

Always keep in mind the end objective. Sometimes the bigger obstacle has smaller obstacles to overcome first. When thinking about challenges, break them down and tackle them in smaller pieces.

"Believe in yourself and all that you are. Know that there is something inside you greater than any obstacle"

"The best method of overcoming obstacles is the team method."

Believe in yourself

If you believe you can, you will! Being self-confident is half the battle in overcoming barriers.

Try not to worry what other people think about you and letting this keep you from trying new things and stepping out of your comfort zone.

Be persistent

Sometimes we have to be patient and know we won't be able to achieve everything first time!

It might take a number of goes before you're able to overcome your barriers but keep going. Keep practising, keep moving forwards, keep facing them head on and you'll get there.

"The biggest obstacles in life are the barriers our mind creates."

5 Barriers everyone has to overcome



1

Age

So much of the time we think we're not 'old enough' or 'young enough', but age really is just a number!

In order to be successful we have to stop putting thoughts aside for when we're 'grown up' and get started now.

Fear

We often mistake fear with danger. Fear is an emotion that we're in control of, and we have to become comfortable with the feeling if we want to succeed. It is the best feeling ever when you conquer your fears and don't let them stand in your way. Don't let feeling scared hold you back in life.

2

3

Negativity

Everyone has the same amount of time in their day, successful people have the same 24 hours as unsuccessful people. However there is definitely a difference in the amount of time they spend complaining and feeling sorry for themselves!

Channel any negativity into thinking about solutions and moving forward, rather than going over and over all the problems.

The past

How often do we all lie awake at night, thinking of all the things we've got wrong in the past. We spend so much time worrying about things we cannot change now.

We have to accept our past in order to overcome the guilt and worry that comes with it. We should only be looking back to see how far we've come!

4

5

Other people

Don't compare your successes to other people's. There's always going to be someone who did something better, who's prettier, who made more money, who has a better car. Does that mean that your successes aren't worthwhile?

No! Focus on what you've achieved, what you've overcome and what makes you happy, rather than taking your worth from other people. When you know that, it won't matter what other people think.

Take on the challenge!



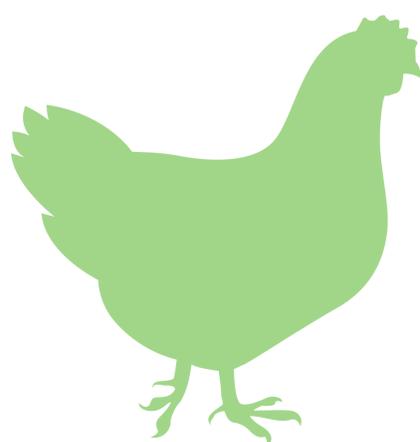
A man has to get a fox, a chicken, and a sack of corn across a river.

He has a rowboat, and it can only carry him and one other thing.

If the fox and the chicken are left together, the fox will eat the chicken.

If the chicken and the corn are left together, the chicken will eat the corn.

How does the man do it?



Let us know how you would solve the problem on our social media!

[@TFTFuture](#)



Where else to look...



Click on the icons below!

YOUNGMINDS

