

# Challenges

What is a challenge?

A challenge is something new and difficult which requires effort and determination.

What are the challenges that we ALL face?



making a mistake



change



failing



other people

There are two different ways to face challenges:



Embracing the challenge



Victim mentality

What is victim mentality?

When a person thinks the world is against them.

When will something good happen to me?

How much longer do I have to put up with this?

Life isn't fair.

Victim mentality

Bad things only happen to me. Some people have all the luck.

Why are challenges good for us?

1. Challenges help us to learn and grow.
2. Facing challenges helps to build your confidence and resilience.

3. Challenges help us to get support from others. This creates healthy relationships.
4. Challenges make life fun. Life would be boring without challenges.

