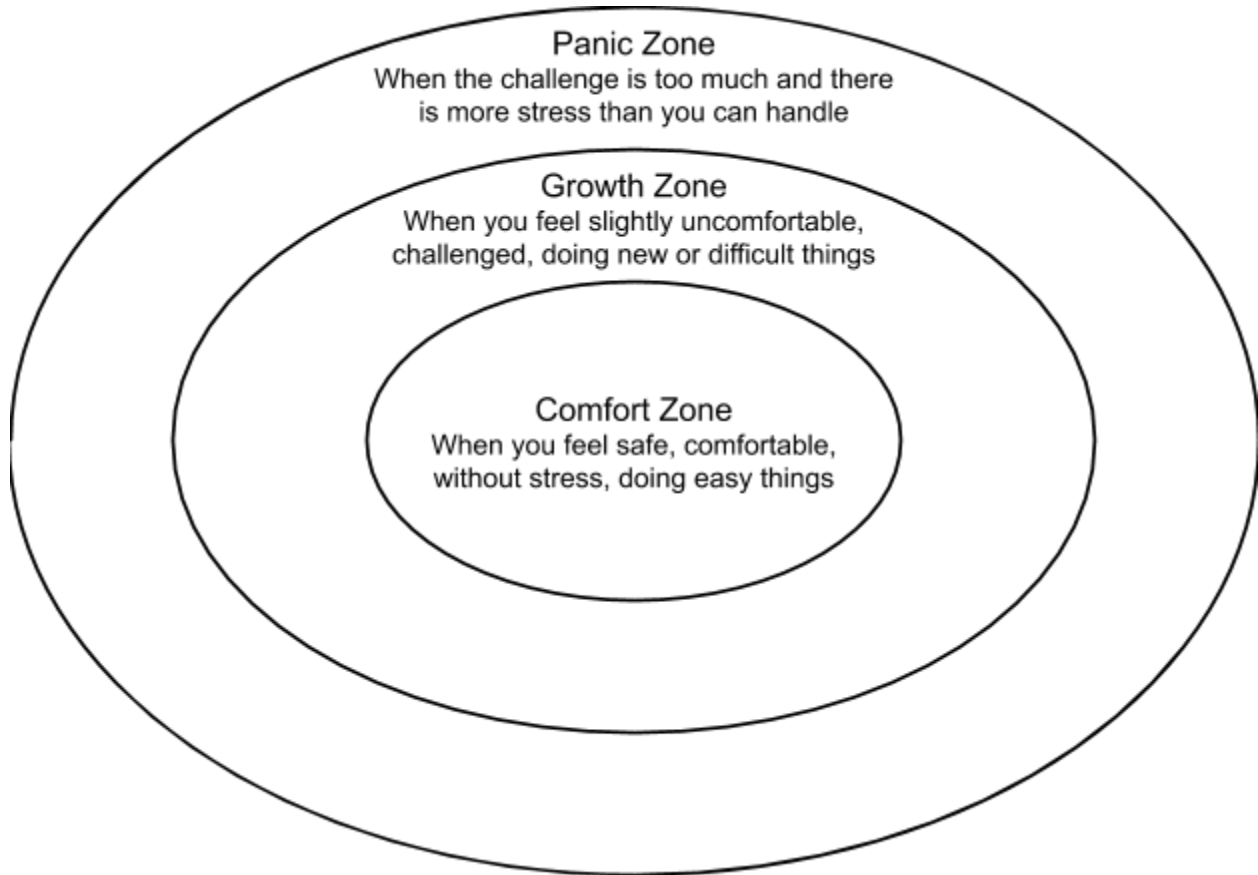


Challenge Yourself!

If you have access to the Westminster Woods videos (online or on DVD), watch the Challenge Course/Courage video before completing this worksheet.



These zones can be different for each person. Sort the following things into your comfort, growth, and panic zones. Then add a few things that you come up with.

1. Being up high
2. Working with a team
3. Introducing yourself to someone new
4. Reconnecting with an old friend
5. Trying a new food
6. Trying a new activity, like art, riding a skateboard, or _____
7. Sticking with a skill you are struggling to improve
8. Telling someone how much you appreciate them
9. Asking for forgiveness
10. Writing a poem
11. Drawing a picture
12. Finding nature around where you live
13. Adding more to a nature journaling page after you feel that you are done
14. Being in the dark
15. Using a field guide to identify an organism
16. Reading about an animal
17. _____
18. _____
19. _____

What challenge are you willing to take on? Choose something in your growth zone that you would like to do, and write a goal about it.

My goal:

When I hope to accomplish this goal:

How I will know that I have accomplished this goal:

A picture of me accomplishing my goal: