

7 Questions About Challenges

- 1) What was the hardest thing you did this week?
- 2) What made it feel so hard?
- 3) Were you able to do it or are you still trying?
- 4) Did you have to learn something new to do it?
- 5) Now that you faced this challenge, would do anything differently next time?
- 6) What did you learn about yourself?
- 7) Now that you got through it, do you feel stronger?

