

I'm-Possible!

This activity will help you think in new ways, plan your future and reach for the sky! It will allow you to recognise that although some things may seem impossible, most of the time, they're completely achievable if you know how.

1. Make a list of goals that you think are hard to achieve, things you are worried about, or goals/things that seem impossible for you to achieve. Be as creative as you want; you can make this list into a poster, powerpoint or any medium you prefer. Ideas on your list can be things such as:

- * It's impossible for me to get a grade 4 in English.
- * No one from my family have gone to university before so I won't be able to either.
- * I can't revise very well and I'm worried about taking my exams.

2. Next, think about whether something on your list actually IS impossible. These can be things such as "Grow wings and fly!" or "Breathe underwater." We know these things can't happen, so cross these off and forget about them.

3. Now look at your list. These are all possible, even if they don't seem to be. Answer these questions about each scenario on your list:

- * Why do I think this is impossible?
- * How can I come as close as possible to achieving this?
- * How long will it take me to make this possible?
- * How can I be proactive now to make this possible? Do I need to make any changes in the way I live my life?
- * Has anyone I know (either personal or famous) had similar experiences to me, and how did they overcome them?
- * What are the barriers to this becoming possible, and how do I get over these?



4. Read back your ideas and answers. Hopefully an action plan has been written for you to follow. As an extension activity, feel free to write in detail about how you aim to achieve these goals and by when.

***"Nothing is impossible! The word says it itself: I'm-Possible!" -
Audrey Hepburn***

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