

OWNERSHIP OF LEARNING

EXTREME SUCCESS WORKSHEET

Just like the people who participate in Extreme Sports, you have already overcome many challenges and have gained the skills and knowledge that will help you be successful in the future. Take a minute and reflect on these situations, filling in the information in the chart below. Be prepared to share with a partner or small group and identify the skills and knowledge that has helped you be successful.

What was the challenge?	Why was it hard?	What strategies did you use to be successful?	What new knowledge about yourself or new skills did you gain?