

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# JUST KEEP SWIMMING



Think about a time in your life when you worked especially hard to accomplish a goal. A time when you faced many challenges and obstacles, but refused to give up. Use this worksheet to reflect on that experience.

The experience I am thinking about is...

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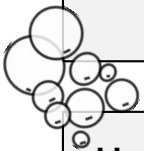
**Why was it important for you to accomplish this goal?**



**Did you ever want to give up?  
If so, when? Why?**

**How did you feel during these  
challenging times?**

**What motivated you to keep going? Think about the people, thoughts,  
and experiences that enabled your success.**



**How did it feel when you  
accomplished the goal?**

**How did accomplishing this  
goal affect the way you  
approach challenges?**

