

**Topic:**

Overcoming Challenges

**Reading Resource:**

7 Tips for Overcoming Challenges in Life Like a Pro ([Link](https://www.lifehack.org/882627/overcoming-challenges))

*Article Recommendation:* Read through the article with your friend, correcting pronunciation errors and defining new words along the way. Don’t worry if you can’t get through the entire thing; encourage your friend to continue reading and bring questions next time!

Also feel free to choose sections if it’s a larger article; they can always read more on their own.

**Discussion Guide:**

1. When you are facing a challenge, what do you do? What is your general approach to overcoming challenges?
2. The article gives a few ways someone can work through a challenge. Are there any that you’d disagree with? Any you’d add? Why?
3. One of the article’s suggestions is to “focus on the bigger picture.” What “bigger picture” are you focusing on in life? How are you motivated by that picture?
4. Why do you think we typically respond negatively to challenges or obstacles? What does this teach us about ourselves?
5. Would knowing that you have someone always with you give you more hope in facing challenges? Do you have someone like that in your life?