

LI: I can overcome disappointment

Last week you thought about your hopes and dreams for the future and how you might achieve them. You also looked at some scenarios where some people were disappointed because they couldn't achieve their goals and answered some questions about them. Read the scenarios and your answers to the questions again.

Watch the video clip about Olympic athletes Tasha Danvers and Greg Rutherford then answer these questions.

Natasha

1. What is more important than winning?
2. What do you have to be ready to do to motivate yourself?
3. Who expected Natasha to qualify for the Olympics?
4. What did Natasha win?

Greg

1. What does Greg say is the most important thing to have?
2. Greg describes himself as "the guy who just made up the numbers". What does that mean?
3. Was Greg a schools' champion like other top athletes had been?
4. What do you have to be prepared for?
5. What did Greg become and win?

What do you think is the most important thing to learn from Natasha and Greg?

Think of a time when you really wanted to achieve something but you couldn't do it. What did you want to achieve? How did you feel when you couldn't achieve it? What did you do to make the situation better or what could you have done to make it better?

Think about the dream you drew for your futures last week and the steps you need to take to achieve it. Choose one of the steps – what would you do if you didn't manage that step? What could you do instead? How could you get back on track?
