



at15.com

MAKE SPARKS FLY

Overcome Obstacles In Your Life

Control your actions and attitudes: As you explore and develop your sparks (the beliefs and activities you are passionate about), you will likely run into some roadblocks, or obstacles to your success. For example, maybe you'll run out of steam on one spark and need to explore to find another. Maybe you'll get an injury that stops you from developing your sports spark. Maybe your family will have to move and you need to leave behind the science club or the chess club that you loved at your school. On a separate sheet of paper, write about an obstacle you are currently facing as you pursue one of your sparks. Reflect on it using one of the following formats:

- ▶ Write a short newspaper article.
- ▶ Write song lyrics.
- ▶ Write a poem.
- ▶ Draw a picture.

Now that you've reflected on the obstacle, which may be out of your control, consider what you DO have control over – your attitude and actions. In the space below, write the positive actions you will take and attitudes you will have as you work to overcome the roadblock to your spark.

ACTIONS	ATTITUDES

Now, share your reflection and chosen actions/attitudes with a partner or small discussion group. Be sure to show respect and support to others who share their reflections. Remember, it is a privilege to be trusted by others who share their personal stories with you.

Find examples of overcoming obstacles in your world: Whether it is front-page news, or a story found in the Sports, Money or Life sections of USA TODAY, there are stories every day about people who are facing and overcoming obstacles in their lives. Find a USA TODAY story you really connect with that is about overcoming obstacles. Read the story and respond to the following questions:

1. What is the obstacle?
2. Who is facing the obstacle?
3. What actions did the person/people take to overcome the obstacle. (If you cannot find this, explain what actions you think should be taken to overcome the obstacle.)
4. What attitudes did the person/people hold when facing this obstacle. (If you cannot find this, explain what attitudes you think would help the person/people to overcome this obstacle.)

Take action to overcome obstacles: You can take action now to help others overcome their obstacles. Go to at15.com and become a member. Next click on "About at15" and then on the "The at15 Fund" tab to learn about how you can earn points that turn into significant financial support for organizations throughout the country that help others overcome challenges every single day. Next, learn about the four organizations currently highlighted. Then, all you have to do is earn points. When voting opens again in January 2010, use your points to help others overcome their obstacles! Best Buy will make a donations based on YOUR VOICE.

