

Jumping Your Hurdles



① Identify The Problem

④ Take Action

② Create Options

⑤ Believe in Change

③ Get Help

⑥ Jump Back Up

My Problem:

You Only Lose if
You Give Up!

Problem-Solving Student Gameplan

Instructions

Use this gameplan with the Jumping Hurdles visual. Each question connects to a part of the image. Look at the picture while you answer. You can write directly on this gameplan or on the image itself. Your responses can help you think through your challenges and talk about them with someone you trust.



I Can Be Resilient By:

- Developing problem-solving skills.
- Learning from mistakes.
- Pushing through challenges without giving up.

Name: _____

Date: _____

Introduction to the Jumping Hurdles Visual Metaphor

Imagine running a race—and a hurdle appears in your way. You can stop. You can give up. Or you can learn how to jump. Life is full of hurdles: problems, setbacks, things that make you feel stuck. And even when you want to do better, it's hard to stay motivated if nothing seems to work.

That's where this gameplan comes in.

It teaches a simple secret that successful people know: you don't have to be perfect—you just need a process and the belief that you can change. When you know where to put your effort, even small wins can build into something big.

You've already made it over hurdles before—whether you realize it or not. This is your chance to figure out how you did it, how to do it again, and how to keep moving forward.

Because you only lose if you give up!

Jumping Hurdles Questions

Before You Begin the Steps

Imagine your life as a track that you are running around. Where do you see yourself on that track today? Are you just starting out? Stuck in front of a hurdle? Already mid-jump?

Now think about this:

What is one goal you're trying to reach in your life right now? (This could be at school, at home, with friends, or something personal.)

My goal: _____

What might be getting in the way of your accomplishing that goal?

Jumping Your Hurdles: Your Personal Action Plan

- ① **Identify the Problem** (Look at the hurdle in front of you)

What is one problem or challenge you need to jump over right now?

Problem-Solving - Gameplan

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Create Options (how could you approach getting over that hurdle/problem)

What are at least three different ways you could try to solve this problem?

Plan A: _____

Plan B: _____

Plan C: _____

3

Get Help (Look at the crowd or coach on the sidelines)

Who could help you jump this hurdle? Who is cheering you on or guiding you?

4

Take Action (Start Running - Pay attention - What's working? What's not working?)

What's one behavior you need to stop so you don't trip over the hurdle?

What is a new option (Plan B or C) you can start doing to help you clear it?

5

Believe in Change (What does your expression and body language say?)

On a scale of 1 to 10, how much do you believe you can overcome this hurdle?

(Circle where you see yourself - Your belief level score)

Think about and this famous quote and write down what it means to you:

“If you think you can, or you think you can’t... You’re right!” - Henry Ford

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Jump Back Up (How do you view your mistakes?)

If you trip or make a mistake, what will you tell yourself to keep going?

Problem-Solving - Gameplan

What's one strength you've used in the past to bounce back?

One Big Thing I Learned
