

Triumphs Timeline:

Obstacles are a part of our daily lives, and they come in all shapes and sizes. With the **right approach and attitude**, you can tame any beast that crosses your path. We often dwell on our failures, now it's time to pat ourselves on the back, puff out your chest a bit, and remember that you are more of a badass than you realize.

1. Take out something that you will be able to write on and hang somewhere in your dwelling. For this activity, I want you to draw a timeline with 8-10 vertical marks across it.

Childhood

Present

-----|-----|-----|-----|-----|-----|-----|-----|-----|-----

2. Starting from your earliest days of childhood, above or below each vertical mark, write down a personal triumph or accomplishment as you make your way through the timeline of your life.
3. Once you have completed your triumph timeline, I want you to think of the current obstacle you are facing, how it is similar, or different, to a previous experience in your life? Use your timeline as a reference and think about all the things you have accomplished and the obstacles you overcame that have brought you to this very moment. Click this link, <https://pdf.ac/3XKfSR> , to fill out a “Venn Diagram” helping you to organize your thoughts. Otherwise, create your own on a piece of paper using two overlapping circles.
4. In the table below, following the example provided, I want you to fill out rows 2-3 with obstacles you have faced and conquered in your life. In the final row, I want you to identify a current obstacle you are facing, and fill out the boxes with an action, result, and lesson you plan to make a reality.

Obstacles	Action Taken	Result	Lesson
Tried out and did not make the basketball team in 9th grade.	Practiced at the YMCA after school and attended a summer basketball camp.	Tried out and made the basketball team during 10th grade.	Practice, gaining experience and developing my skills better prepared me for tryouts.

Reflection- Obstacles are really just lessons we have yet to learn, and opportunities for growth. If you can learn to look at challenges from this perspective, then you are well on your way to becoming an ALPHA. Below, **I want you to think about one obstacle you face today, or tomorrow, and identify what lesson you can take away from overcoming it.** Any time you face a new challenge, think of it this way and watch how things change for the better in your life.

Created By:

Man With a Plan aka Jeffrey Kalinoski