

## Learning New Skills

Learning new skills can be extremely rewarding, encouraging growth and fostering new opportunities. However, the process can be accompanied by anxiety, apprehension, and even fear.

The following questions encourage reflection on when new skills were learned and help one normalize and accept the feelings accompanying the growth process.

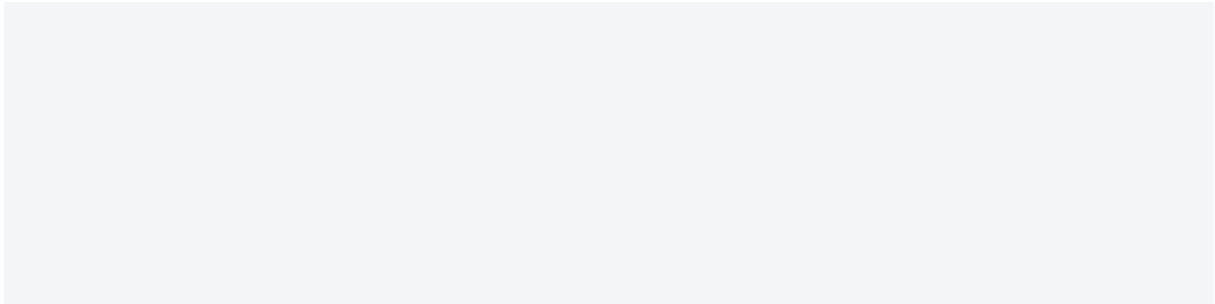
Remember a time when a difficult skill or set of skills were learned:

What did you learn?

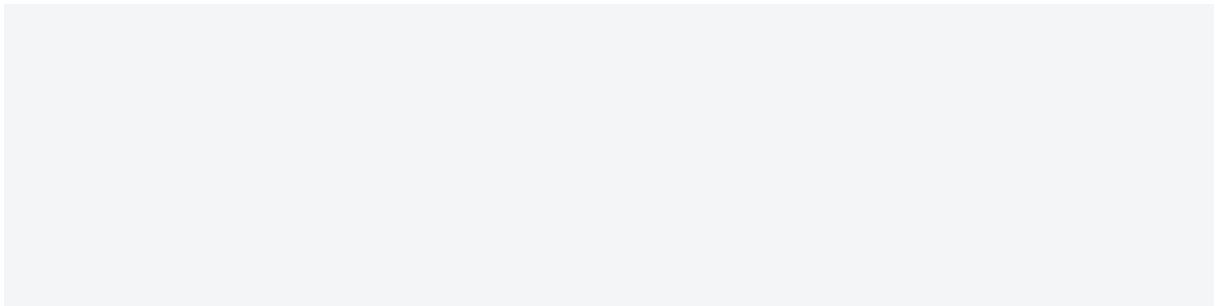
How did you feel before and during learning the skill(s)?

What obstacles got in your way?

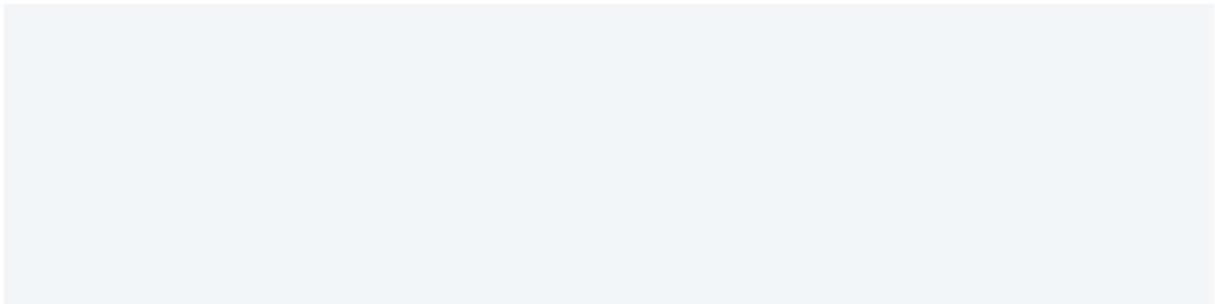
How did you overcome those obstacles?



How did you feel when you wanted to give up?



What made you persist?



How did you feel when you were successful?

