

CHAMPION.



Activity 1

Think of someone who is a 'champion', this could be someone you know personally or someone in the media. Write down all of the things that make them a champion.



Activity 2

You have 30 seconds. What does it take to be a champion? Record yourself saying as many of qualities/characteristics that you think people who are successful have.

Write down your top 10

Activity 3

Now come up with a definition for some of your words or pic from the following examples:

Drive _____

Will power _____

Patience _____

Passion _____

Create a sentence containing an example of the word.

For example: Charlotte demonstrated excellent will power as she refused to eat chocolate, even though it is her favourite food, because she was in training to become an astronaut.



Activity 4

Think back to your Super North Star (big dream, goal or ambition) what are you going to do everyday to help you to reach your goal? How are you going to become a champion?

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