



Activity 1

Make a list of words about challenge and possibilities.

Challenge – use some of your words to make a sentence about achieving something.

Activity 2

Make a list of things that are impossible for you to achieve.

Put them in order of easiest to hardest.



Activity 3

Think of all the things you previously thought were impossible but that you went on to achieve. Write down on a piece of paper, 'I never thought that I would...'

Now film yourself holding up this sign and then showing all of the impossible things you have managed to make possible. If you are stuck remember to look at the Compass for Life Foundation social media pages for inspiration.



Activity 4

Now look back at your list you made in activity 2.

Pick at least one thing of your list and now make a plan to make the impossible, possible.

How does achieving your impossible become possible?

How do you think you will feel when you achieve it?

If you can dream it
you can do it

WALT DISNEY

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