**Talents and Performance Activity**

Use this activity as a way to start a conversation with your teen about meeting a goal or overcoming a challenge. Keep this sheet and refer back to it as you progress.

Identify a challenge or goal you are facing in your life right now (leadership, academic, sports, etc.).

Specifically, describe it in writing in the center of the circle below.

Along the top of each arrow, write down a skill or characteristic that you have that you can use to help overcome this challenge or goal.

Underneath each arrow, list one or two strategies for how you might use that skill or characteristic.

On the line at the bottom of this page, identify how you will know when you have overcome the challenge or goal.