

# New challenges, new people

Being open to trying new things or meeting new people is a great resilient move!

Many people (including adults) don't try because they think they'll be 'no good' or 'nobody will like them' and so they miss out on brilliant opportunities and fun adventures.

So, is there something you could challenge yourself to try?

- Decide **what**
- Set a **time/date to complete it** by
- **Write it down** and **get someone to witness it** (and encourage you to do it)
- **Break it down** into the steps you need to take to make it happen (and any help you need)
- **Do it!**



How did you do?