

REFLECTING AND SETTING GOALS



Use these prompts to start a conversation with your class about perseverance, goal setting, and overcoming challenges. Before discussing, think about each prompt and write down your thoughts and experiences in the spaces below.

Name: _____

- 1 Think about a time you had to do something difficult and wanted to give up, but did it anyway. What helped you persevere?

- 2 During the Marathon of Hope, Terry would count telephone poles, setting the goal of reaching his next destination one pole at a time. What steps do you take to help you reach your goals?

- 3 Terry began each day at 4am, running in all elements of weather. Think about a time you overcame a challenge.

"The first few miles were the usual torture. My foot was blistered bad, but my stump wasn't too bad. Today I had tremendous support. Everybody honked and waved. People all over looked out of their homes and stores and cheered me on."

Day 56 | Friday, June 6th, 1980 | Bristol, New Brunswick
Terry ran 30 miles (48.3km) that day, a total of 1376 miles (2214.5km) in total to that point.