

Group Exercise MT2.2_4

Share Your Personal Challenge and Perseverance Story

Duration: Approximately 20-25 minutes

Objective: To facilitate a group discussion where participants can share their experiences, strategies, and insights on overcoming personal challenges through perseverance.

Discussion Questions: (use the questions according to the story shared or the situation described)

- ✓ Share a Personal Challenge: Each participant takes a turn sharing a personal challenge or obstacle they have faced in their life. It could be related to work, relationships, health, or any other area.
- ✓ Initial Reactions: How did you initially react when you encountered this challenge? What were your initial thoughts and emotions?
- ✓ Perseverance in Action: Describe the specific actions you took to tackle the challenge. What strategies or approaches did you employ to keep moving forward?
- ✓ Setbacks and Learnings: Did you encounter any setbacks or failures along the way? How did you respond to these setbacks, and what did you learn from them?
- ✓ Support System: Did you seek support or guidance from others during your journey? How did your support system (friends, family, mentors) impact your perseverance?
- ✓ Mindset and Belief: How did your mindset and belief in yourself contribute to your ability to persevere? Did you ever doubt your capability?
- ✓ Key Turning Points: Were there any specific moments or turning points that boosted your determination and commitment to overcoming the challenge?
- ✓ Lessons and Growth: What valuable lessons did you gain from this experience, and how did it contribute to your personal growth and resilience?
- ✓ Celebrating Success: Share your ultimate success or achievement in overcoming the challenge. How did it feel to reach that point, and how has it influenced your life?
- ✓ Advice for Others: Based on your experience, what advice or words of encouragement would you offer to others who are currently facing challenges and need to develop their perseverance?
- ✓ Final Thoughts: Summarize your thoughts on the power of perseverance in overcoming personal challenges. Do you believe that perseverance is a skill that can be cultivated over time?

Facilitation Tips:

- Encourage active listening and respectful sharing within the group.
- Remind participants that everyone's journey is unique, and there is no one-size-fits-all approach to overcoming challenges.
- Foster a supportive and non-judgmental environment where participants feel comfortable sharing their experiences and vulnerabilities.
- Wrap up the discussion by emphasizing the importance of perseverance in personal growth and success.
- This group discussion provides a platform for participants to reflect on their personal experiences with overcoming challenges through perseverance and to learn from one another's journeys. It can be a meaningful and inspiring exchange of ideas and stories.