

The Spirit of the Paralympics

Paralympic athletes go through difficult training throughout the year to prepare for their events. Then, for the ten days during the Paralympic Winter Games, Paralympians show the world how they have used enthusiasm, energy, confidence and courage to overcome the challenges that face them.

1. List a variety of challenges that Paralympians face. (You may want to read the "Meet the Athletes" fact sheets for specific examples.)

2. What qualities, behaviors or characteristics are demonstrated by Paralympians as they work to overcome these challenges?

3. Everyone has challenges. List some of the challenges that you face.



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The athletes of the Paralympics create a plan of action that will help them meet their goals. Think about a challenge you would like to meet or overcome. Determine goals that will help you accomplish this. Think of a date. Recording a target date does not mean that you will always meet your goal, but it does give you a deadline to shoot for.

For example:

GOAL: to receive an A in spelling **TARGET DATE:** first report card period.

LIST YOUR GOALS AND TARGET DATES.

My Goals:

1. _____

2. _____

3. _____

Target Date:

AFTER DETERMINING YOUR GOALS, THINK ABOUT THE FOLLOWING QUESTIONS:

- ▶ What sorts of obstacles could prevent you from achieving your goals?
- ▶ How could you overcome those obstacles?
- ▶ What sorts of obstacles might a Paralympian face in attempting to achieve his/her goal to compete at an elite international level of sporting competition?