

## Writing about a PERSONAL Challenge

Describe a time in your life when you had to overcome a significant challenge. This could be a physical challenge or an emotional trial. Your writing can place you right in the moment when you are dealing with this challenge, or it could describe your feelings once the challenge was resolved. Whichever you choose, write descriptively to make the reader feel your emotion, adrenaline, exhaustion, pain, etc.

Include some reflection about what qualities within yourself made it possible for you to overcome this challenge. If you were unable to meet the challenge, explain what held you back.

In addition, explain what you learned or gained from this experience. This writing should be a minimum of 10 sentences.