

SKILL-RELATED FITNESS

Challenge Activities

Challenge Hacker

[YouTube Video Demo](#)

Everything was going along smoothly, and you were making good progress toward your goals. And then, extreme challenges blocked your path and threatened to take away your optimism.

The object of this activity is to regain optimism by unlocking your growth mindset. Unscramble the vocabulary word based on its growth mindset definition and complete the challenge listed to find a path toward optimism.

- **igrt** _ _ _ _ : The combination of passion and perseverance, which allows an individual to continuously develop skill and work toward consistent achievement through a repetitive cycle of purposeful practice and peak performance. [[Do 10 Plank Jacks](#)]
- **trila dan roerr** _ _ _ _ _ _ _ _ _ _ : The process of experimenting with various methods of doing something until one finds the most successful. [[Do 5 Plank Rotations](#)]
- **egquarecmtoenn** _ _ _ _ _ _ _ _ _ _ : Support, confidence, or hope offered by someone or some event. [[Do 5 Plank Knee-Ins](#)]
- **eatnshumsi** _ _ _ _ _ _ _ _ _ _ : An intense feeling of enjoyment and interest that energizes effort. [[Do 10 Plank Arm Raises](#)]
- **otmspiim** _ _ _ _ _ _ _ _ : A feeling of hopefulness and confidence about the future or the success of something. [[Do 5 Up and Down Planks](#)]
- **upsorpt** _ _ _ _ _ _ _ : To give help, assistance, and encouragement to someone or something. [[Do 10 Plank Jacks](#)]

WORD BANK

Support Enthusiasm Trial and Error Grit Encouragement Optimism

