

# Capstone Personal Challenge Fall 2013

Name: \_\_\_\_\_ Semester: \_\_\_\_\_  
Year: \_\_\_\_\_ Housing Accommodations: \_\_\_\_\_

*The Capstone Personal Challenge* is an individual goal set every semester and challenges our Capstone Scholar's to address their personal development and fears, and in doing so builds self-esteem. It is encouraged that each student chooses a different category from the 7 Summits of Life each semester to ensure a holistic experience by challenging all aspects of one's life.

## 7 Summits of Life:

(Check the box of the category that you want to accomplish this semester)

- |   |  |
|---|--|
| <input type="checkbox"/> <b>Balance</b>   | Life Skills/Time Management/Organization           |
| <input type="checkbox"/> <b>Wellness</b>  | Health & Physical, Mental, and Social Fitness      |
| <input type="checkbox"/> <b>Goals</b>     | Adventure/Travel/New Experiences/Getting Involved  |
| <input type="checkbox"/> <b>Attitudes</b> | Personal Views & Beliefs/Service to Others         |
| <input type="checkbox"/> <b>Success</b>   | Overcoming a Fear/Academics/Work Effort/Motivation |
| <input type="checkbox"/> <b>Potential</b> | Learning a New Skill/Talent                        |
| <input type="checkbox"/> <b>Legacy</b>    | Leadership   |

## Example of Previous Personal Challenges:

- Preparation and execution of a half marathon
- Rock Climbing/Skydiving (when afraid of heights)
- Exploring and preparing to Study Abroad in Europe
- Learn to speak Chinese
- Learn to balance a bank account/Be responsible with money
- Keep great relationships with my family and friends at home
- Getting a 4.0 this semester

## **BEGINNING OF THE SEMESTER**

Possible Personal Challenges for this semester:

- (1) \_\_\_\_\_  
(2) \_\_\_\_\_  
(3) \_\_\_\_\_

My Personal Challenge for this semester is:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**Dream Big! Impact the Community and Leave a Legacy.**

I am choosing this Personal Challenge because...

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Action steps to achieve my Personal Challenge (list as many as necessary, if applicable):

Action Step	Suggested Date of Completion
1.	
2.	
3.	
4.	

When planning, it is important to keep motivated. Here are little incentives/goals during the semester to motivate me during my personal challenge:

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My reward for my Personal Challenge success is:

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### END OF THE SEMESTER

I Accomplished my Personal Challenge:

Yes       No

What were the obstacles during this semester while working on your Personal Challenge?

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Student Excerpts of the Effects of the Personal Challenge:

“Every time I face a fear of mine, like my fear of heights, it proves to me that I really can do anything that I set my mind to. I jumped out of an airplane 14,000 feet in the air! It was terrifying and exhilarating and well worth it. Although my stomach was in my throat and my heart was beating out of my chest, I did it and I enjoyed it. I know I will never let my fears hold me back from any opportunity.”

“I have learned to deal with setbacks; I handle day to day problems on my own without calling my parents to help with everything. I manage my money and live on a small budget, I setting up a life for myself that is almost completely separate from my old one, and while I love seeing my family during these holidays I have gotten over home sickness while keeping up the good habits from my old life.”



**Dream Big! Impact the Community and Leave a Legacy.**

