

**Failure is
SUCCESS
IN PROGRESS**

Albert Einstein



Success is not final,
failure is not fatal:
it is the courage
to continue that counts.

Winston Churchill



Step Up Face the Challenge



**Failure is success
if we learn from it**

Malcolm Forbes

Self-esteem questionnaire

Project: Step Up Face the Challenge



Which challenge did you NOT complete? *

- ☐ Drink a glass of water every morning for one months
- ☐ Eat vegetable and a piece of fruit every day for 1 month
- ☐ Go running at least for 20 minutes (or 3 km) 2x week for 2 months
- ☐ Two weeks without sugar, candies, chocolate and sweet drinks
- ☐ Prepare healthy dinner with your parents 15x
- ☐ Cold morning shower 20x
- ☐ Start a new hobby and continue for 3 months
- ☐ 10 days unplugged (no mobile, PC, TV, tablet ...)
- ☐ Sleep at least 8 hours - 12 days in a row
- ☐ Walk 100 km in 1 month

1) This challenge was: *

	1	2	3	4	5	
very difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	very easy

2) What was the most difficult? *

Text stručné odpovědi

3) What emotions did you experience most often during the challenge: (More than one answer * is possible).

- ☐ Boredom
- ☐ fear
- ☐ Stress
- ☐ distrust
- ☐ shame
- ☐ helplessness
- ☐ tiredness
- ☐ laziness
- ☐ anger

4) What could help you to finish the challenge? *

Text stručné odpovědi



5) What was your weakness here? *

- ☐ lack of motivation
- ☐ disorganized
- ☐ limited experience
- ☐ not skilled
- ☐ not comfortable taking the challenge
- ☐ lack of focus
- ☐ lack of confidence
- ☐ procrastination
- ☐ insecure
- ☐ lack of patience
- ☐ Jiná...

6) What strengths could help you meet this challenge? *

- ☐ motivation
- ☐ collaboration with somebody
- ☐ persistence
- ☐ organization skills
- ☐ flexibility
- ☐ taking initiative
- ☐ self-control
- ☐ Action-oriented
- ☐ Courage
- ☐ determination
- ☐ enthusiasm
- ☐ open-minded
- ☐ problem-solving
- ☐ Jiná...

7) What would it bring you if you could handle this challenge? *

Text stručné odpovědi

.....

8) At what percentage do you believe you will do the challenge again? *

- ☐ 0%
- ☐ 25%
- ☐ 50%
- ☐ 75%
- ☐ 100%

9) Who would you recommend this challenge to?

- ☐ friend(s)
- ☐ parent(s)
- ☐ Jiná...

We wish you good luck in other attempts.

Erasmus+ project

Step Up Face the Challenge

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