

DAY 18

Team.

Another tool you have to overcome challenges is team.

A team can't overcome a challenge for you, but they can help you overcome it by supporting you.

One major way a team can support you is through encouragement. A team can help you by letting you know that *you can*. Just hearing those words helps you face a challenge. Someone behind you or beside you saying, "You can do it. Keep going. You've got this," means a world of difference. If you're facing a challenge and you don't hear that, if no positive voice is helping you, you feel alone, and facing a challenge when you feel alone and on your own is twice as hard than if you have encouragement.

Another major way a team can support you is by providing physical help, by being there with you. A team can help you study for a test. A team can help you with your homework and to practice for a presentation. A team can help you get better at a sport or a skill by working with you. A team can help you when you get upset. A team can talk to you and give you advice when you don't know what to do. A team can stand beside you if someone is bullying you or treating you the wrong way.

Having a team around you that you trust is critical. It's a major tool that will help you face challenges and overcome obstacles. And how you use a team is pretty simple - you share. You have to share what you're up against, or nobody knows how they can help you. When you share, your team knows how to help.



What obstacle can you share with who today?

<p>WHAT OBSTACLE?</p>	<p>WHO CAN YOU SHARE WITH?</p>
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