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Final Assignment English grammar
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Q. Write a one page discourse on a given topics

1. How I overcome challenges

Ans: A goal should be challenging but achievable. The biggest barrier to achieving success is often ourselves and those around us. How often have we thought about doing something challenging and find our self saying: 'I'll never be able to achieve that! More often, in my experience ,it is the lack of support from those closest to you, your family and friends, who play a critical role in halting a challenge before it has even begun. There's no way you can do that' is a classic response to the presentation of a potential challenge to friends and family that leads to the first and most important risk to your challenge and think big.

Make sure the challenge is important to you, that you the time to commit to the planning, and that you have the resources to deliver success (money equipment etc). Having established your challenge, Then you should go public and let family, friends and colleagues know you are aiming to achieve- a challenge share is a challenge halved!

And most important celebrate your success

Making a contract with yourself to deliver success is particularly valuable when you are struggling with belief, commitment and/or motivation. By formalising an arrangement detailing your goal and when you will deliver it, you are much more likely to be successful. This may seem a slightly bizarre approach, but the more formal the contract, the greater the chances of delivering on your commitment to it.

Q2. The biggest Goal I've achieved so far

The biggest goal I achieved in my life is what I do is really good fore my self and for the people who will b able to playing a role in it so

these goals are the best challenges in life. So far as I did my goals from climbing from step 1 to step 2.

your goal and provides the necessary motivation to persist with the appropriate amount of work until you have delivered success. Asking a third party, someone close to you, to witness the contract will raise the importance of the contract and the responsibility on you to deliver success. Having made a contract place in a public place, like the fridge. This will increase the importance of your commitment to the contract and raise the profile of the reward once you deliver success.

Here is an example of a personal contract for weight-management that you could adapt for your own challenge.

Q3. What I do when I fail

when ever I fail in many many life events first of all I will be control on my anger because life is the think that ups and down is present in it so therefore to avoid these thinks and forward for next challenge you will experience and once and for all these challenges are the goals that you will learn something from it something is better then nothing is the motivation way for spending these movements in life .

Thank you!