

## 3 Doors



**The Goal:** To think about how some things that once felt challenging can become less difficult as we age and learn, and to apply this awareness when facing new challenges.

**Materials:** Notebook paper, something to write with.

As we age, we may notice that things that were especially challenging a year ago or even a few months ago start to feel easier to handle.

**Step 1:** Envision 3 doors in front of you. Behind each door is a challenge or roadblock in the way of you reaching a goal. Which door will you open? — In other words, which challenge are you ready to face?

**Step 2:** Write out which door you chose to open and what roadblock or challenge lay behind it. In a paragraph, explain why you opened this door in comparison to the other doors. In what ways do you feel more “ready” to face this challenge now?

**Step 3:** What would be the first step you took in addressing this challenge?

**Step 4:** How can addressing this door NOW help you in preparing for your future?

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**Indigo Indicators:** *Internal: Self Direction, Resiliency*

**CASEL Competencies:** *Self Management*

**Ramp Behavior Standard:** *B-LS 9 Gather evidence and consider multiple perspectives to make informed decisions*