

LANDING YOUR TRICK

ACTIVITY

Time Needed

40–60 minutes

Materials

Note-taking supplies

List of questions (below)

Activity Description

In the Natural High videos, we see celebrities enjoying their natural highs. Sometimes it's hard to imagine the hard work that goes into the success the celebrities have achieved. This activity is designed to help you think through a long-term goal and how to achieve it. We can sometimes get overwhelmed, and if we learn to break down a goal into steps, it makes the achievement more manageable.

The point of this activity is to help you think through processes and develop patience and determination, as opposed to finishing and achieving. Sometimes we are successful in our goals, and sometimes we are not. We need to understand that both outcomes are possible. In fact, if you move through the process and decide you do not want to continue, you have learned in that experience what is worth your time and what commitment truly looks like.

Suggested Steps

1. Talk or think about what it means to you to land a trick?

Think about a time when you've landed a trick. It doesn't have to be a literal trick or even a new trick that no one has done. It's more about the beauty of owning, doing, or building something in some way.

2. Consider your tricks.

- What have you created that you're proud of?
- What was involved in creating it?
- Why are you proud of it?
- Is there anything you would do/or have done differently if you were to create the same thing/experience again?

3. What's the trick?

If you had no limits of money, time, or expertise, what trick would you like to land? What do you want to create? Is it landing a skateboarding trick, making your mark on a sports team with a three-pointer, performing a new song on the piano, recording a song, making a movie, writing an essay, or even a book? What steps (big and small) would it take to land that trick? List (or narrate) the steps required to land your trick. Be realistic even if you don't think you could do each step just now.

4. Plan the land.



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There **are** limitations of money, time, and expertise. What is one thing you can do, starting now, that will help you get to landing your trick? Is it taking a class, performing academically, or trying a new activity? Is it asking questions of someone or reading up on information? What is a realistic goal you can set to help you move one step closer to your trick?



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