



# Overcoming Roadblocks 1

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up

Which one of Vera’s roadblocks do you think will be the hardest for her to overcome and why?

Internal: \_\_\_\_\_

External: \_\_\_\_\_

## Video: Overcoming Roadblocks

1. What are the two parts of an If-Then Plan?

**If** is a cue you can \_\_\_\_\_.

**Then** is a specific action you can \_\_\_\_\_.

2. How can you help yourself remember your plan?

\_\_\_\_\_  
\_\_\_\_\_

## Activity: Unlock the Power

**Instructions:** With a partner, create an If-Then Plan to help Vera overcome one of these roadblocks preventing her from achieving her long-term goal of joining the elite superhero squad. On the next page, write the pros and cons of your plan.

- **If** I start doubting myself as I practice with my powers, **then** . . .
- **If** my parents tell me I can’t practice at home, **then** . . .
- **If** my non-superhero friends ask me to hang out during practice time, **then** . . .

**If (or when)** \_\_\_\_\_

\_\_\_\_\_

**then** \_\_\_\_\_

\_\_\_\_\_



**Activity: Unlock the Power (cont.)**

Pro: \_\_\_\_\_

Con: \_\_\_\_\_

**Wrap-Up**

How can having an If-Then Plan for a roadblock be helpful?

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