**Topic Exercise Example:**

**The topic is:** A challenge met

**Specific Topic:** Improving free throws

**5 minutes to jot down ideas/brainstorming:**

* On varsity basketball team.
* Unable to make a decent foul shot. Missed more than I hit
* Thought it was a natural-born talent. Either you could or you couldn’t
* Always hated being fouled
* Made all kinds of excuses why I was lousy at foul shots
* Coach always said,

“Practice. Practice your arm position, eye hand coordination, bend your knees.”

“You need MORE practice.”

* I did practice—but only about 5 minutes during practice. No real improvement. Told to practice more. I resisted. Finally, I couldn’t stand my own failures. Started practicing foul shots 15-20 minutes extra after each team practice. % went way up. Went from 30% to 70%
* Practice makes perfect—almost

**Inferences Drawn:**

* Interest in sports. Desire to improve. Willing to examine shortcomings. Not a quitter. Has pride in achievement