

# How to "challenge your limits, don't limit your challenges"

"Challenge your limits, don't limit your challenges" is about recognising and choosing the challenges that are right for you. Instead of basing your opportunities on other people's opinions, this quote helps you to focus on activities that matter most to you. With the right support in place, those challenges can unlock capability, confidence and pride.

## Ideas for action



### 1. Curiosity before commitment

Before diving into a challenge, start with curiosity. It helps you decide if this is right for you and ensures you feel connected to it from the start. Try:

- 🔗 Talking to someone who's already done something similar - what's the reality/what might need to change for you to make it possible?
- 🔗 Using AI to help: ask questions, create comparison tables, and explore creative solutions to work around your limits (e.g. childcare, location, time constraints).
- 🔗 Asking yourself: "How would this work? When would this work? Who might I try this with?"

### 2. Slow, don't stop

When something new feels hard and you're tempted to give up, try slowing down instead:

- 🔗 Choose your pace: you don't have to operate at 100% all the time; give yourself permission to slow down without stopping.
- 🔗 Slowing down might mean pausing certain tasks, asking for help, or breaking a big goal into smaller steps.
- 🔗 Plan your pace changes: spot in advance your "90% moments" (full pace) and the "10% moments" (slowing down) so you can manage your energy over the long run.

### 3. Celebrate the wins

Challenging your limits deserves celebrating. It reinforces confidence and capability, making it easier to take on the next challenge. Try:

- 🔗 Pausing to notice moments of success e.g. positive feedback from someone who's seen your effort, hitting a milestone you've worked towards, or making progress on something that once felt like a challenge.
- 🔗 Writing down one thing you're proud of each week and why (however small) and share it with a friend, colleague, or your future self.

### Coach yourself questions

What's a stretch goal I feel motivated to go after?



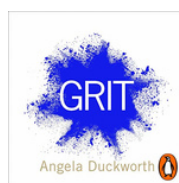
Where might I be letting other people's limits shape my choices?



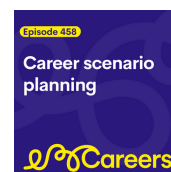
## Recommended resources



**The Long Win by Cath Bishop.** A fresh perspective on redefining success for the longer-term.



**Grit by Angela Duckworth.** More on progress and positivity to help keep progressing with things that matter to you



Helen and Sarah explore about how to use scenario planning as a tool to navigate challenges in episode **#458** of the podcast