

# Pronouns; Direct and Indirect Objects

## Challenging Ourselves

### 1 Grammar in the Real World

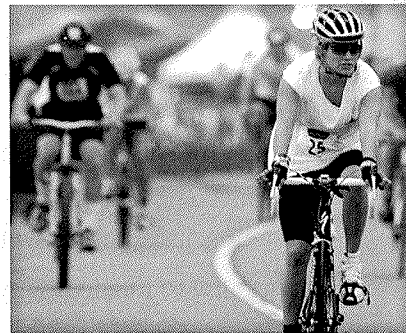
**A** What challenges do you face in your life? Read the web article about ways people challenge themselves. What are some reasons to challenge yourself every day?

## Challenging Ourselves

We all face challenges in **our** lives. For example, people lose **their** jobs, or **they** deal with health problems. These challenges are difficult for all of us. However, if **you** challenge **yourself**, even when **your** life is going well, **you** can be ready to handle tough situations in the future. **You** will become more confident and more creative. **You** will also improve **your** problem-solving skills.

Challenging **yourself** means trying new things. These things will help **you**, but **they** may also be difficult or scary. People have **their** own needs and goals, so other people's challenges may be different from **yours**. Here are some examples:

- Alison wants to be more fit. To challenge **herself**, **she** works out an extra half hour each day.
- Dan wants to improve **his** performance at work. **He** challenges **himself** by volunteering to do difficult tasks that no one else wants to do.
- Mari is afraid to speak in public, so **she** challenges **herself** by taking a public speaking class.
- Ken wants to improve **his** critical thinking skills. **He** now reads articles with opinions that are different from **his**.



Do you want to challenge **yourself**? Follow these three easy steps:

1. Write down **your** goal. Give **your** plan a start and a finish date.
2. Tell people about **your** goal. This helps you stick to **your** plan.
3. Go one step further than **you** originally planned. For example, do **you** want to save \$25 a week to buy a car someday? Then save \$30.

Take on small challenges every day. Small challenges give people strength. **They** help people handle life's *big* challenges when **they** happen.