



Mission: It's Possible

What is an Essential Skills Mission?

Missions are a great way to get real life experience while testing your skills. The world is your laboratory, your training ground, your obstacle course—get out there and put your skills to use!

Your perseverance mission is to:

- Identify a skill you are interested in mastering through practice.
- List any materials you need to get for your skill practice.
- Set a schedule for your practice.
- Identify a supportive person who you can check in with on your progress.
- Make your practice a habit until you master that skill!
- Have a positive mindset. If you think something is “too hard” or that you “can’t do it” then it’s going to be more difficult to accomplish your goals.

Remember these perseverance tips:

- Sticking to your practice schedule is the most important part of mastering your skill. It’s best if you can work on it every day.
- Invite your friends, siblings or other family members to learn a skill with you. Having another person or a group of people involved can be encouraging and will help you be more accountable.
- Get creative with reminders to practice: colorful calendars, notes on the bathroom mirror, phone alerts. . . anything that will remind you it’s time to work on honing your new skill!
- Accept that failure is part of the process. Every time you fail is an opportunity to become better on the next attempt or make adjustments where needed.
- Use the power of positive thinking – believe that you can do it!
- Apply your attitude of perseverance to everything you do in life.

Need some help picking a skill?

Not all of the following suggestions are “serious” skills – some are silly or fun. The important thing is to pick something you are interested in learning and sticking with it through practice.

Try learning how to:

- Play a musical instrument
- Make a three-point shot in basketball
- Accept a TikTok dance challenge
- Whistle
- Yo-yo
- Jump rope



- Swim
- Say “hello” and other basic phrases in several languages
- Blow a big bubble with bubble gum
- Crack an egg open with one hand
- Cook a family recipe
- Throw a baseball in the air and hit it with a baseball bat
- Do a set number of push-ups or pull-ups
- Run a set number of miles without stopping
- Type without looking at the keyboard
- Tie a necktie or bowtie
- Juggle
- Memorize a poem or song
- Shuffle cards like a pro
- Spin a basketball on your finger
- Do a headstand/handstand
- Tie different kinds of knots
- Memorize the first 50 digits of pi
- French braid hair
- Make balloon animals
- Knit or crochet
- Do a backbend or split
- Create origami
- Learn how to dive into water
- Learn a dance
- Learn basic sign language
- Draw a perfect circle
- Memorize all U.S. Presidents, or state capitals
- Fold a shirt perfectly
- Whistle with your fingers or a blade of grass
- Complete a Rubik’s cube
- Write in calligraphy
- Use Photoshop
- Build a website
- Write, direct, and produce a YouTube video
- Skip a rock on water
- Do a cartwheel
- Sew
- Create a personal spending budget