Watch the video and fill out the gaps

1. It can .....you're sitting down to eat a huge elephant.

2. Setbacks along the way will test your resolve to keep you going and even tempt you to.....

3. To some people it sounds really....., but it works.

4. Celebrate the activity and not the.....

5. Overcoming the feelings of being .....and .....is a challenge for us all.

6. This is how to support yourself and the people in your life to keep going no matter what the size, shape or.....of the elephant in your life.

LIVEWORKSHEETS