



#StriveForExcellence

OBJECTIVE: Explore how an Olympic **and** Paralympic athlete achieved excellence and compare it to the principles discussed in the book *DO HARD THINGS: A Teenager's Rebellion Against Low Expectations* by Alex & Brett Harris through a PowerPoint or Google Slides presentation. This project will be due upon returning to school and is worth 50 points.

The following needs to be included in the presentation:

- **Background information on Olympic athlete**
 - Name
 - Where he/she live
 - Country and sport he/she represents
 - When he/she started the sport
 - Key challenges
 - How he/she overcame the challenges
- **Background information on Paralympic athlete**
 - Name
 - Where he/she live
 - Country and sport he/she represent
 - When they started the sport
 - Key challenges
 - How he/she overcame the challenges
- Compare and contrast the experiences of the Olympic and Paralympic athletes to the principles in the book *DO HARD THINGS*
- How can the athlete's experiences and the principles from the book inspire you to tackle challenges and develop strategies for achieving excellence in your future endeavors?

SLIDESHOW MUST INCLUDE:

- Minimum 6 slides
- Maximum 12 slides
- Title slide:
 - Catchy title
 - Name
 - Year
 - Advisor
- Citations slide (required per Student Handbook)

Below is a link listing athletes currently expected to take part in the Summer Olympics in Paris this July. Feel free to use other reliable resources.

<https://www.nbcolympics.com/athletes>