

5 Things GTs Need to Succeed

- 1. Challenges.** Over and over gifted kids have told me they like to be challenged. In fact, many say it's harder for them to do simple things than it is to tackle difficult work. That means you need people, schoolwork, classes, activities, and opportunities that will S-T-R-E-T-C-H your mind.
- 2. Self-esteem.** You need to feel pleased and proud of the person you are—*just the way you are*. This doesn't mean you can't or shouldn't try to be even better. But you need to believe in your own basic worth.
- 3. Talk time.** You need opportunities to talk with people who respect and understand you. These people might be friends, family, or people at school or in your community. Let them know what you're thinking and how you're feeling. Ask them questions when you're confused, ask them for advice when you want it, and listen closely to their feedback. The key is to find a few people you trust and talk with them regularly.
- 4. Self-awareness.** You need to know yourself. What are your strengths and weaknesses? Your hopes and dreams? Who are you, anyway? If you're unsure, how can you learn more about yourself? One way to develop self-awareness is by asking yourself questions like these: What do I enjoy doing the most? How do I want to spend more of my time? What kind of person do I want to be? What do I think and feel, and why?
- 5. Support.** You need trustworthy people in your life who are willing to help you. People you can turn to when the going gets tough. People who want the best for you. Make a list of people you can count on for help. Will you list your mom or dad? A brother or sister? Teachers? Friends? Coaches? Grandparents? Who else?

Start a GT Journal

Writing in a journal is a great way to understand yourself better. It helps you organize your thinking and gives you the opportunity to express yourself whenever you need to. You might want to keep one as you read this book. Write your quiz answers, questions, opinions, ideas, frustrations, and joys about being GT. Decorate it, draw in it, doodle on it. Maybe even find a journal with a pocket where you can keep articles or pictures that you find related to giftedness.

