

# Do Hard Things Study Guide

## Do Hard Things Study Guide ANSWERS

Warning: The point values below are merely suggestions. Feel free to assign award participation credit or use any scoring system that works for you!

### Suggested Point Values:

- 1 point per short answer
- 3 points per full sentence answer (2 points for an incomplete (but attempted) response, 3 points for a thoughtful response, and 1 additional point for excellent grammatical construction)
- 5 points for 2 sentence answers (follow 3 point per full sentence guide above for each sentence)

### Chapter 1

- According to the authors, how is this book different from others? (1 point) (The book is for teens by teens.)
- Who are Brett and Alex Harris? (five ages, relationship to each other, type of schooling, and where they lived) — 4 points (1 point per answer) (15, twins, homeschooler, Oregon)

### Chapter 2

- What is the first thing the brothers created, and why did they make it? (1 point) (They made a blog called "Blogging" to help teenagers share their voice in the culture.)
- Regarding their brother, \_\_\_\_\_ (4 points) (1 point per short answer)  
Adjective: shy  
Noun: state (Alabama)  
Idolization (influenced by teenagers)  
How she outgrew her idolization (accept any similar answer) way out of her comfort zone, she helped a state-wide campaign by making hundreds of phone calls

### Chapter 3

- What three specific things did the political campaigns experience from Alex and Brett? (3 points) (1 point per answer) (They learned to trust God, to stay outside their comfort zone to grow, and that teenagers accomplish much.)
- In a full sentence, explain how the word "teenager" developed. (1 point) (For any similar answer: Later half of the early 1900s, were designed to protect children from harsh factory conditions but ended up creating an unproductive time between childhood and adulthood.)

### Chapter 4

- The Bible does not use the word "teenager", but it does reveal God's will for human growth and development, regardless of age. Write out an applicable verse from the Bible that addresses (1) biblical character and maturity. You may use verses mentioned in Chapter 3 or find one on your own. (3 points for a verse written out, 1 point for relevance only)
- Why are your teen years the best years for strict training? (Respond in a full sentence. 2 points for any similar answer; 1 is the best time to decide who you will become, and you have the strength and energy to do amazing things.)
- What is a "biblically sound" and is the condition a biological state or a cultural trend? (Respond in a full sentence. 3 points for any similar answer; 4 points for clear and to the point why who will actually be a test, it is a cultural mindset.)
- Use Chapter 4's "Five kinds of hard": (5 points) (one point per kind)
  - Things outside our comfort zone
  - Things that go beyond what is expected or required
  - Things that are too big to accomplish alone
  - Things that don't come as immediate reward
  - Things that challenge the cultural norm
- Regarding the "five kinds of hard" listed above, draw a star beside the phrase that you most easily confront and circle the one that is most daunting for you. (1 point for participation)

## Do Hard Things Study Guide

The concept of doing hard things is a powerful motivator that resonates deeply with individuals looking to push their boundaries and achieve personal growth. The "Do Hard Things" movement, initiated by Alex and Brett Harris through their book, challenges the cultural norms surrounding youth and encourages teenagers to rise above mediocrity. This study guide aims to provide a comprehensive overview of the key concepts, themes, and actionable steps found within "Do Hard Things," helping readers to not only understand the philosophy but also implement it into their own lives.

## Understanding the Philosophy of "Do Hard Things"

The "Do Hard Things" philosophy is rooted in the belief that young people are capable of much more than society often expects from them. The authors argue that the modern youth culture tends to promote a mindset of entitlement and ease, which can lead to complacency. Instead, Alex and Brett Harris encourage young people to embrace challenges, take risks, and pursue their passions.

## Key Tenets of the Philosophy

1. Rejecting Low Expectations: The authors emphasize the importance of rejecting societal expectations that suggest teenagers should simply coast through their formative years.

They advocate for a mindset that challenges these norms.

2. Embracing Responsibility: Taking on responsibilities, whether in personal life or community service, is seen as a way to grow and learn.

3. Pursuing Excellence: The Harris brothers encourage youth to strive for excellence in all endeavors, rather than settling for mediocrity.

4. Building Resilience: Facing challenges head-on builds character and resilience, two qualities that are essential for success in adulthood.

## **Key Themes in "Do Hard Things"**

Several themes are integral to the "Do Hard Things" message. Understanding these themes can enhance the reader's comprehension of the book and its application in real life.

### **1. The Importance of Hard Work**

The Harris brothers assert that hard work is a foundational element of success. They share personal anecdotes and stories of individuals who have achieved remarkable feats through perseverance and dedication. The book emphasizes that hard work is not just about striving for personal goals, but also about contributing positively to society.

### **2. The Power of Community**

Another significant theme is the role of community in supporting individuals who aim to do hard things. The authors highlight the importance of surrounding oneself with like-minded individuals who encourage and challenge each other. This sense of community can provide motivation and accountability.

### **3. The Role of Faith**

Faith, whether religious or secular, plays a crucial role in the "Do Hard Things" philosophy. The authors encourage readers to have faith in themselves and their abilities, as well as in a higher purpose that drives them to tackle challenges.

## **Practical Steps to Do Hard Things**

To help readers put the philosophy into practice, the book outlines several practical steps that can be taken to embrace the "Do Hard Things" mindset.

## **Step 1: Set Challenging Goals**

- Identify areas in your life where you feel comfortable and set goals that push you outside your comfort zone.
- Break these goals into smaller, manageable tasks to avoid feeling overwhelmed.

## **Step 2: Take Initiative**

- Look for opportunities to take the lead in group projects, community service, or personal pursuits.
- Seek out ways to contribute beyond what is expected of you.

## **Step 3: Build a Support Network**

- Surround yourself with friends, mentors, and family who encourage you to pursue hard things.
- Engage in discussions about your goals and progress, allowing others to hold you accountable.

## **Step 4: Reflect on Your Progress**

- Regularly take time to reflect on your experiences and the lessons learned.
- Consider keeping a journal to document your journey, noting challenges faced and successes achieved.

## **Step 5: Embrace Failure**

- Understand that failure is often a part of the journey toward success.
- Analyze setbacks to glean valuable lessons, and use them to fuel future efforts.

## **Challenges to Expect**

Embarking on the journey to do hard things is not without its challenges. Recognizing these obstacles can better prepare individuals to face them head-on.

### **1. Self-Doubt**

Many individuals experience self-doubt when attempting to take on challenging tasks. Overcoming this mental barrier requires cultivating a positive mindset and practicing self-

compassion.

## **2. Fear of Judgment**

The fear of being judged by peers can deter individuals from pursuing hard things. It is essential to remember that personal growth often comes with discomfort and that others' opinions should not dictate one's path.

## **3. Lack of Support**

Not everyone may understand or support the decision to pursue hard things. It is crucial to seek out and build a community that shares similar goals and values.

# **Success Stories and Inspirations**

The "Do Hard Things" book is filled with inspiring stories of young people who have taken on challenges and achieved remarkable accomplishments. These stories serve as motivational examples for readers.

## **1. The Story of a Young Entrepreneur**

One notable story is of a teenager who started a successful business from scratch. Through dedication and hard work, this young entrepreneur not only generated income but also learned valuable lessons about responsibility and leadership.

## **2. Community Service Initiatives**

Various individuals have taken on community service projects that have made significant impacts in their neighborhoods. These stories illustrate how doing hard things can benefit not only the individual but also the community at large.

## **3. Athletic Achievements**

Athletes who have trained rigorously to achieve their goals exemplify the "Do Hard Things" mentality. Their stories often highlight the importance of discipline, resilience, and the pursuit of excellence.

# Conclusion

The "Do Hard Things" study guide serves as a roadmap for anyone looking to embrace challenges and pursue personal growth. By understanding the philosophy, recognizing key themes, and implementing practical steps, individuals can break free from the constraints of low expectations. It is through the pursuit of hard things that we discover our true potential, build resilience, and contribute meaningfully to our communities. Whether you are a teenager seeking direction or an adult aiming to inspire the youth around you, the principles outlined in "Do Hard Things" can serve as a catalyst for change and growth. Embrace the challenge, and remember that the journey of a thousand miles begins with a single step.

## Frequently Asked Questions

### **What is the main premise of the 'Do Hard Things' study guide?**

The 'Do Hard Things' study guide is based on the premise that teenagers can and should take on challenging tasks to grow in character, skills, and faith, encouraging them to go beyond societal expectations.

### **Who are the authors of 'Do Hard Things' and what is their background?**

The authors of 'Do Hard Things' are Alex and Brett Harris, who are the founders of the Rebelution movement. They are twin brothers known for their advocacy of teenage leadership and responsibility.

### **How can the 'Do Hard Things' study guide be used in a group setting?**

The study guide can be used in group settings by facilitating discussions, group challenges, and accountability partnerships, allowing participants to share their experiences and support each other in doing hard things.

### **What are some practical activities suggested in the study guide?**

The study guide suggests practical activities like community service projects, personal goal-setting challenges, and leadership roles in school or church activities to apply the principles of doing hard things.

### **How does the 'Do Hard Things' study guide address fear and failure?**

The study guide addresses fear and failure by encouraging participants to embrace

challenges as opportunities for growth, discussing the importance of resilience, and sharing stories of overcoming obstacles.

## What age group is the 'Do Hard Things' study guide designed for?

The 'Do Hard Things' study guide is primarily designed for teenagers, but it can also be beneficial for young adults and anyone looking to challenge themselves beyond their comfort zones.

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