



Leap into Action

"Success or failure, gain or loss, must, therefore, depend upon man's own exertions. The more he striveth, the greater will be his progress." —Bahá'u'lláh

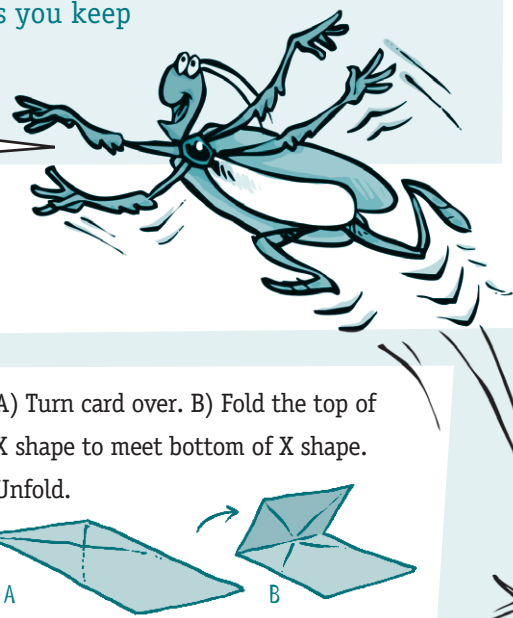
Did you know some frogs can jump more than 50 times the length of their body? These amphibians are among the world's best jumpers. That's like a person who's six feet tall jumping 300 feet (91m)! Like a powerful jumping frog, you can accomplish amazing things when you leap into action.

It's easy to set a goal you'd like to achieve, such as making it onto the team, passing a test, or going to college. But sometimes it can be hard to get started, stick with it, and make it to the finish line. You may worry about making mistakes, or lose confidence in your talents or skills. If this happens, start with small hops forward, and ask for help when you need it.

Look for things that inspire you, such as an encouraging friend or uplifting music. You may choose to pick up the pace or take a new trail to get where it is you want to go.

When you take action, you might feel energetic or joyful. These feelings could be **confirmations**—clues that you're headed in a good direction for you. Even when fears or challenges come up, you can say prayers and have faith that the right thing will happen as long as you keep leaping forward.

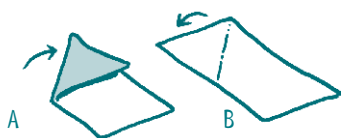
I CAN LEAP TO GREAT HEIGHTS!



You'll Need 3" x 5" (76 x 126 mm) piece of card stock, markers

Joyful Jumping Frog

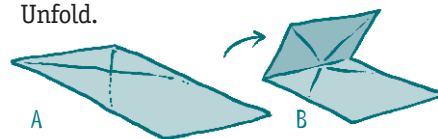
- 1** A) Fold upper left corner of card to meet upper right edge. B) Unfold.



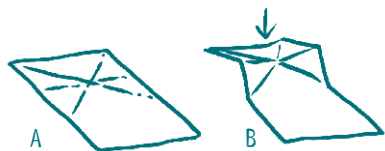
- 2** A) Fold upper right corner to meet upper left edge. B) Unfold.



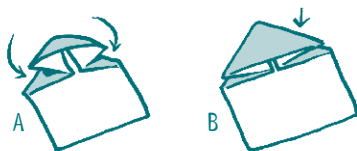
- 3** A) Turn card over. B) Fold the top of X shape to meet bottom of X shape. Unfold.



- 4** A) Turn card over. B) Press down center crease, so triangle shapes on long sides of card are raised slightly.



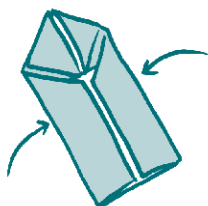
- 5** A) Push two raised triangles inward. B) Flatten short edge on top of them to make a house shape.



- 6** A) Fold the right tip of roof shape so it touches the top. B) Repeat on the other side, so you have a diamond shape for the frog's front legs.



- 7** Fold in the sides of the house shape to meet in the center.



- 8** A) Fold bottom edge up to meet the top point. B) Fold same edge back to meet its opposite edge to make the frog's back legs.



- 9** Turn your frog over. Use markers to decorate it and name it after one of your goals. Gently slide your finger down the middle of its lower back to make your frog leap into action!

