

The Obstacle Essay

Overview: Show the reader how you have grown and matured by making sacrificial choices to overcome a challenging obstacle.

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Problem: Begin with a short scene where the **Problem** is beginning to really make life difficult. It should expose a **flaw**, or stop you from accomplishing a valuable goal.

Goal: Describe setting the **goal** of defeating the **obstacle**, and use a specific physical benchmark to show what success looks like, versus failure.

Choice: Describe 2 **choices** you made to overcome this obstacle. The first choice comes in Body #1, and is not enough to overcome the obstacle. In fact, it should set you back a little. The second choice comes in Body #2, and successfully overcomes the obstacle.

Sacrifice: Both choices, especially Choice #2, should require a sacrifice. You must sacrifice something physical (time, comfort, money, other opportunities) in order to “pay” for your success. Easily overcoming an obstacle makes for a terrible story.

Growth: In the final paragraph, explain how you've transformed from Person A → Person B during this journey of overcoming the obstacle. Be sure to hint at how this experience is shaping your future **goals**.

