

## TEACHING RESOURCES FOR FAMILIES



**N. Nadim "I know my limits and I try to overcome them"**

### **Ekkono questions:**

Why is it important to know your limits and try to overcome them?



### **The value of: trying to push your limits**

Knowing your limits is important because it helps you to better understand your capabilities and strengths, as well as your weaknesses and areas for improvement. When you push yourself outside of your comfort zone, you can discover new skills and abilities that you didn't even know you had.

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Won the Women's Division 1 season 2020-2021