

# Ann's and Liv's Goals

Ann Bancroft and Liv Arnesen know the importance of goal setting. As Antarctic explorers, they have set goals and taken numerous steps toward achieving them. While growing up, Ann and Liv also set goals for themselves.

When Liv was five years old, she received a new two-wheeled bicycle. She wanted to learn to ride the bicycle on her own. She set this as a goal for herself. She practiced for hours. She fell many times and got bruised, but she kept trying. Finally, after three hours of working, she was able to ride the two-wheeled bicycle on her own.

Ann also has set goals for herself that she was able to achieve. One goal was to finish college and become a teacher. As a student with dyslexia (a learning disability) this was not as easy as it is for others. She worked very hard and, after five years, graduated from college and became a teacher.

More recently, Ann and Liv have decided to ski across Antarctica. This is a big goal, but the Bancroft Arnesen Expedition will help Ann and Liv to accomplish other goals, too. Liv has “being a good partner” as one of her goals. She chose this goal because it is a challenge for her. She has taken steps to achieving this goal by talking and training with Ann so that they can get to know one another. She also wants to communicate with students around the world. Ann wants to challenge herself physically. She has taken steps toward this goal by training for the Expedition and preparing herself. Another one of Ann's goals is to educate children. She has been a teacher and a coach. This has helped her to reach her goal. Now, she will educate children about Antarctica and the Bancroft Arnesen Expedition.

Ann and Liv realize that they have to work hard and take several steps before they can reach a goal. They also know that even if they work hard, they may not accomplish a goal that they have set for themselves. Ann says that this is part of life, it is not a failure. When she decides to take a risk, she always gives herself permission to fail. Liv says that you have to be honest about what happened to keep you from your goal. It is also important to allow yourself to feel disappointed, but then to move on to other goals.

