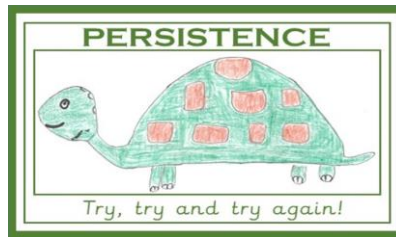


Habits of Mind

Persistence



What does it mean?

It is when you keep trying even when you find something difficult. You look for ways to reach your goals and persevere.

When should you use it?

You should use it whenever you face a hurdle that you cannot get over on your first attempt, when you need to keep trying at something to reach the end goal or when a task is difficult and takes time and energy.

Strategies to help

- Break down your end goal into smaller steps. Reward yourself each time you achieve a small step towards your final goal.
- You don't have to do it alone, look for help and support and get other people to encourage you.
- You can always encourage yourself –“Come on you can do it!”
- Sometimes you need to walk away if you find a task difficult and take a deep breath before you return to it. When you come back to the task later with a fresh mind you may find it easier to solve.
- Try solving the problem with a different approach or keep the parts that are working and change the parts that aren't.

Questions to consider

1. Why do I want to stop now? What is the barrier I am facing and how do I get past it?
2. Is my plan of attack working? If yes, how can I be sure? If no, what needs to change?
3. What have I not understood about the challenge?
4. Am I on track?
5. Why is this goal important? Take time at the hard points to remind yourself of why the goal is worth achieving.