


# Effort

Effort is essential for a growth mindset. It keeps us focused on the goal. When a goal or task is achieved through effort, our confidence in our ability is also enhanced.

**Consistent:** 

*effort needs a consistent approach, small steps toward the goals/tasks.*

**Positive:** 

*remaining positive while applying the effort is key to staying the course.*

**Habit:** 

*Develop the habit of putting forth a consistent effort with a positive mindset.*

## **Your task:**

*Consider and describe a time when you put forth a consistent effort, with a positive attitude to achieve a desired end result. This can be about anything, sports related, hobby, social goal or academic. Be specific in detail and explain how your consistent effort paid off.*