

# Effort

To enhance and improve your growth mindset, effort is needed, working hard whether you want to or not. It is using vigorous and/or very determined attempts. It means using a focused, earnest and strenuous attempt to get the task done.

Every success achieved is a result of efforts. When we put in our best efforts, we learn. Many successful individuals tell us that effort pays off. It has been said that effort paves the way to success.

According to Dennis Watley: *The results you achieve are in direct proportion to the effort you apply.*

## **Your task:**

For each area below, identify your strengths / weaknesses by adding S or W in the column and explain why it is a strength or weakness. For each weakness – provide a goal for improvement.

Effort:	
	Math:
	Science:
	Physical activities:
	Geography:
	Reading:
	Writing:
	Art:
	Music:
	Hobby: _____
	Problem Solving: