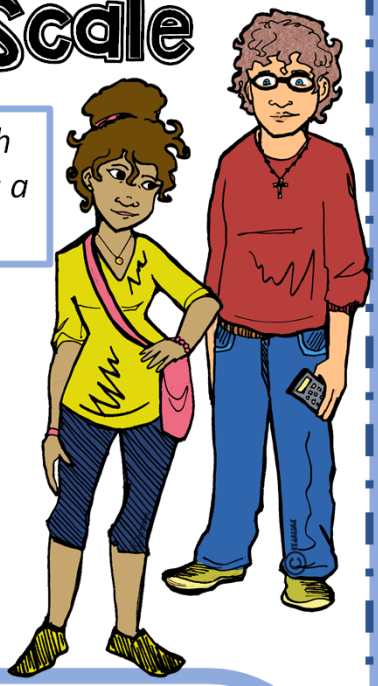
PerSeverance: Rating Scale



Persistence means continuing on doing something even though it's difficult and you really don't feel like doing it. Persistence is a continued effort that often takes patience.

1.) Rate yourself on each of the persistence skills listed.

2.) Circle the ones you feel you could improve upon.

Write a goal about how you could improve your ability to persist, be specific and indicate the strategies you could use in the box to the right.

❶ Agree ❷ Somewhat Agree ❸ Disagree

_____ **I remain calm under pressure.**

_____ **I am patient.**

_____ **I learn from my mistakes and continue to move forward**

_____ **I don't give up easily**

_____ **I don't let obstacles prevent me from finishing**

_____ **I complete my work on time**

_____ **I check over my work**

_____ **I work towards my goals**

_____ _____
Other

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