

Giving Up – Not an Option

Growth mindset means not giving up. It means using more effort and persisting. Why do you want to give up? Struggling is natural and part of the way to success. It's important to understand why you feel like giving up and then to address it.

1. Are you no longer interested? Why?
2. Are you physically unable?
3. Are you overwhelmed?
4. Are there other things on your mind that need to be taken care of first?
5. Will extra support help?
6. Have you encountered unexpected barriers or challenges?
7. Do you need a temporary break before resuming?
8. Is more effort and persistence required?
9. Is there a fear of failure? (*Failure doesn't provide any satisfaction.*)

The task:

Write about a time where you refused to give up. What kept you going? What was the outcome? What would have happened if you did give up?