<table>
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<th>Habits of Mind</th>
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<td><strong>Persistence</strong></td>
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**Motto:** Persistence is what makes the impossible possible!

### 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.