

PERSEVERE: CULMINATING PERFORMANCE TASK

Review your “Persevere: Reflection Log” or “Persevere: Reflection Bookmark” (whichever you used) and “Strategy Bank” and complete the following prompts. Use examples from these tools as evidence to support your claims throughout.

- What did you notice about yourself? What tendencies most often get in the way of your progress toward your goals in this class?
- What regulation strategies are most helpful to you?
- What strengths support you in making progress toward your goals? Add them to your leader profile.
- When or where else might you use the strategies you developed?

Complete these prompts to identify your top tendencies that create resistance in your progress toward your goals and your top strategies to persevere.

My top forms of resistance	My top strategies to move through resistance in pursuit of my goals

Create a perseverance choice board to represent your top strategies. Design the layout to include the number of strategies you prefer and your preferred imagery, as shown here.

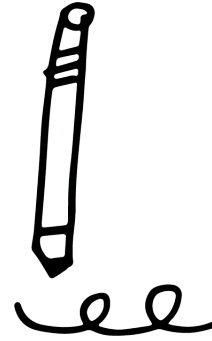
Strategy 1 Image 1	Strategy 2 Image 2
Strategy 3 Image 3	Strategy 4 Image 4

The following is an example of four strategies, each with its own image.

Take a walk



Journal



Talk it out



Read

