

PERSEVERE: REFLECTION LOG

This tool supports you as you develop the self-awareness and self-management skills that will help you persevere through challenges and progress toward your goals.

- Log an entry each time you get stuck, feel your movement slowing or stopping, or don't meet your goals. Your teacher may offer observations about times when this has happened.
- When logging resistance level, 1 = no resistance (there was nothing in the way of me reaching my goals) and 5 = complete resistance (reaching my goals felt impossible).
- When logging self-assessment, SD = strongly disagree; D = disagree; N = neither agree nor disagree; A = agree; SA = strongly agree.
- If you don't feel ready to log an entry in the moment you are feeling stuck, slow, or stopped, log it later. It is good practice to return to a hard time once it has passed and reflect on what happened. This process is meant to support your growth while also reminding you to celebrate yourself.
- As you complete this log, use and revise your strategy bank to ensure it accurately reflects your current struggles and the strategies that allow you to leverage your strengths and move through those struggles.

Persevere (v.)—to keep moving through challenge in order to achieve a goal

Name: _____

Date	Collective Goal	Individual Goal	Resistance Level (1–5)	Experimented With Strategies and What They Were	Self-Assessment (Explain your assessment.)
10/31	To make inferences	Stay on task during group work	4	Agree. I used a timer and let myself make a joke only every five minutes.	D