

**Week 6:**

**Practice and effort**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Recording your effort and practice**Sometimes it can be helpful to keep a record of all the effort we are putting in. It can remind us to practice and show us all that we are achieving through our hard work. You can see an example of a record chart below. You can use the chart below to record your efforts by filing in the tick on days you practice.

|  |
| --- |
| ***I will use this chart to record : ………………………………………………………………………….*** |
|  | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
| Monday |  |  |  |  |  |  |
| Tuesday |  |  |  |  |  |  |
| Wednesday  |  |  |  |  |  |  |
| Thursday |  |  |  |  |  |  |
| Friday  |  |  |  |  |  |  |
| Saturday |  |  |  |  |  |  |
| Sunday  |  |  |  |  |  |  |

 |
| **Self-talk that supports perseverance:**The way we talk to ourselves makes a big difference in terms of whether or not we keep going. What positive phrases and thoughts could help you to keep going when you get stuck?………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………Swirly Scribbled Arrow Vector SVG Icon - SVG Repo Free SVG IconsScribble Vector SVG Icon (3) - SVG Repo Free SVG IconsScribble Vector SVG Icon (3) - SVG Repo Free SVG Icons ………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………Scribble Vector SVG Icon (3) - SVG Repo Free SVG IconsScribble Vector SVG Icon (3) - SVG Repo Free SVG IconsSwirly Scribbled Arrow Vector SVG Icon - SVG Repo Free SVG Icons………………………………………………………………………………………………………………………………………………………………………………………………………If you are ever struggling to keep going, this worksheet can be a reminder of things you can tell yourself to stay motivated.  |