



# Practice Persistence



## Check-in

Pause to notice how you feel before using the tool. Pay special attention to your body signals.



## Practice

Persistence means not giving up when you're faced with a challenge, like learning something new. Remind yourself to keep going, and that your hard work will pay off as you learn and grow.

### WHY TO TRY:

Trying or learning something new often feels difficult and uncomfortable. Having a positive mindset can help you keep going when you need it the most.

**Try to find a moment each day of the week to practice the tool.**



## Reflect

Notice how the tool affects your feelings and body signals. Which Zone(s) could it help you regulate?

