



TRACK 4B: CORE COMPETENCIES NEXT STEPS

ELECTIVE: ESSENTIAL COMPONENTS OF SUCCESS by Dr. Sherry Gaither

Lesson 1: The Power of Persistence

1. Watch the video by Dr. Sherry Gaither entitled, "The Power of Persistence."

Completed:

2. On a note card write: "My daily choices impact my success." Put it in your purse or pocket and read it several times a day.

Completed:

(continued on next page)

3. Keep a journal of how you spend your time for the next week. (Use half-hour increments)

4. List five of your past accomplishments (big or small). How did persistence play a role in each one?

5. As you worked on this lesson, could you identify any bad attitudes, false beliefs, or disappointments that tempt you to give up too quickly? If so, what is one step you can take to have a more optimistic, tenacious spirit?

When you've completed the assignment, save this PDF and email it to your coach.