

Skill - Perseverance

Definition: Persistence in doing something despite difficulty or delay in achieving success



Action Statement:

I will struggle and persevere even when the task is difficult or seems unimportant to me because this skill will help me achieve my purpose and give me hope.

e.g. Groups creating debate arguments over which side is justified in the Rebellion of 1837...I am bored...I will persevere because being persistent in doing this will help me to persevere when I strive to become a concert pianist.

Skill - Organization

Definition: Devising and a plan and process, establishing priorities and managing time, and identifying, gathering, evaluating and using information

Action Statement:

I will keep track of my “stuff” and follow plans because this skill will help me achieve my purpose and give me hope.



e.g. I will put notes into my binders in an organized manner, immediately so I can find them later...as this skill will help me to ensure I have what I need when I go to hockey practice.

Skill - Communication

Definition: The presenting, imparting, sharing or exchanging of information for a specific purpose.

Action Statement:

I will engage in conversation, share my thinking and listen to others even when I disagree because this skill will help me achieve my purpose and give me hope.



e.g. My group members do not agree on a plan, I share an alternative idea or my thoughts, we compromise based on our discussion and this skill will help me when I am working in a Board Room for a large company.

Skill - Attitude

Definition: The way of thinking, feeling, or self talk that we engage in that influences our actions or behaviours.

Action Statement:



I will find a positive, purposeful way to approach situations because this skill will help me achieve my purpose and give me hope.

e.g. I “hate” [insert subject here]...but I will find a way to make it fun and complete the task to the best of my ability because my positive attitude will help me complete tasks in my job I do not like in order to get to the ones I enjoy.

Skill - Goals and Commitment

Definition: The future or desired results to which we aspire and the degree to which we are determined to achieve them.

Action Statement:

I will set goals and commit to achieving them even when difficult situations arise because this skill will help me achieve my purpose and give me hope.

e.g. I failed my math test but will go back and learn from my mistakes so that I can achieve my desired grade on the next one.

e.g. I was not selected to the school team, I will ask for feedback on what I need to improve, and deliberately practise those skills so that I can make the team next year.

