

Lessons with Momi

KEEP GOING, FORGE!

The Power of Persistence



Did you know that every time you try something hard, you're giving yourself a chance to **grow stronger?**



Forge wanted to ride his bike, but he kept wobbling and falling!





But instead of giving up, Forge took a breath, accepted some help, and **tried again.**



And guess what? He made it **three houses farther!**

That's PERSISTENCE!

Progress doesn't mean getting it perfect. It means getting *a little better!*

YOUR TURN!

What's one hard thing you're willing to keep practicing, even if you can't do it yet?

Persistence Helper

(Check the ones you will try!)

- ☐ Take a deep breath.
- ☐ Ask for help.
- ☐ Try again.
- ☐ Focus on progress, not perfection.
- ☐ Keep a positive attitude (e.g., "I can get better!").

MY PERSISTENCE PROMISE: *I will keep trying, learn from mistakes, and get a little better each time!*



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Build Persistence Every Day!



Let's turn persistence into a **plan** you can use!

1. REFLECT & CHECK!

Think about a time you didn't give up.

- ☐ What was hard at first?
- ☐ What did you do to keep going?
- ☐ How did you feel when you made progress?
- ☐ What did you learn about yourself?

2. GROWTH MINDSET!

Turn each "give up" thought into a "keep going" thought!

"I can't do this."	→
"It's too hard."	→
"I'm not good at it."	→



3. MY PROGRESS TRACKER!

Choose one skill or goal you want to keep practicing (e.g., riding a bike, reading, a sport, playing an instrument, or a school skill).

My Goal: _____

Color a wheel each time you practice.
Watch your progress add up!





TALK ABOUT IT TOGETHER!

1. What's something you're practicing right now?
2. What helps you keep going when it feels hard?
3. How can you celebrate small progress?

MY PERSISTENCE PROMISE:

I will keep trying, even when it's hard, because every try helps me get better!

Signature: _____ **Date:** _____