

Focus on My Effort (Elementary)

Can you remember a time when you were frustrated because you couldn't do something? Have you ever made excuses when you didn't want to put in the effort? You're not alone ... We all have!

Believing you can do hard things starts with ***focusing on your effort***. Effort means trying really hard and using a lot of energy or thinking really hard and using a lot of brain power to do something. The energy can come from our bodies working hard or from our brains working hard.

Do you know what it feels like when you use a lot of effort—that feeling you get when your body or your brain tries really hard? Sometimes, when learning gets hard, we stop using effort and give up. Instead, we should stay focused on our effort. Improving our self-efficacy—or confidence in ourselves—starts with putting in effort and trying really hard.

The next time you start to feel frustrated or think you can't do something, remember to just ***focus on your effort*** to build confidence in yourself.