***Track My Effort & Notice My Progress*** **(Elementary)**

Think of a time when you learned to do something that was very challenging. It probably took you a long time to learn and many tries before you were successful. When you stick with something, stay focused, and don't give up, it means that you're making effort to improve your skills. Something that's easy for you doesn't require much effort, but something that's difficult requires much more physical or mental work. Use the strategy ***track my effort*** to figure out if you're working hard enough. Use the strategy ***notice my progress*** to determine if you're improving.

Let's say you want to run two laps around your block without stopping. You decide to ***track your effort*** by marking your calendar every day you run. You think about how hard you ran. At the end of each run, can you sing? If you can't sing, you clearly put in a lot of effort. If you can sing, you likely didn't put in much effort. You note the amount of effort on your calendar for each time you run.

In addition to ***tracking your effort***, you ***notice your progress*** by writing down how long it took you to finish your laps each day. If you run frequently and put in effort, you will eventually be able to finish the two laps around your block without walking, going faster and faster.

When you want to get better at something, use the strategy ***track my effort*** by asking yourself:

- How much time do I spend working on this?
- When I practice, how do I challenge myself?

Use the strategy ***notice my progress*** by asking yourself:

- How will I know I'm improving?
- What will I focus on to see my growth?

When you use these two strategies, you'll see how your effort can impact your growth.