

Track My Effort & Notice My Progress (Secondary)

What is something challenging you learned to do? It probably took you a while and required many attempts 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. You can use the strategy **track my effort** to determine if you're using enough effort and the strategy **notice my progress** to periodically determine if you're improving.

Let's say you want to run a mile 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 substantial 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 timing yourself each week. If you run frequently and put in effort, you will decrease the time it takes you to complete a mile, and eventually you'll be able to run the entire mile without stopping.

When you want to get better at something, use the strategies **track my effort** and **notice my progress** by asking yourself:

- What effort do I need to make to reach my goal? How will I **track my effort** as I work toward my goal?
- How will I **notice my progress**? What will I focus on to see my growth?

Tracking your effort and **noticing your progress** will help you improve your self-regulation skills and meet your goals. When you use these two strategies, you'll see how your effort can impact your growth.