

Session 3: Effort

Effort is the key to everything!



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Working toward success!

- **V – Vision** (a goal you work towards)
- **E – Effort** (the time you dedicate to achieving what you want)
- **S – Systems** (the habits and routines you have to break your work down and manage your time)
- **P – Practice** (the time you spend practising skills you need)
- **A – Attitude** (how you deal with success and failure)



What do we mean by effort?

- Effort is very straightforward – how much time are you willing to put in to achieve what you want?
- A key component to success is continued effort.
- If you are not prepared to work to achieve something, how do you expect it to happen?



Scaling 1-10

- On page/slide 11 of your booklet you will find two scales from 1 to 10.
- Read each statement below and indicate on the bar how much effort you dedicate to each statement.
- Make sure you look at how many hours a week each stage means.



Self-Sabotage

- Often your biggest enemy is yourself – you can defeat yourself without really trying.
- It usually takes the form of negative thoughts to excuse why you do badly or don't put in enough effort.
- Read the statements under 'self-sabotage' below. Tick those that apply to you.



Think carefully!

Answer the following questions now you have looked at your self-sabotage statements:

- Which of your tasks this week are you least likely to do and why?
- How do you explain completing work late?
- Why do you put off work?

These are no accusations! We have all done them – you just need to explain why!



Reviewing Effort

Effort is all about thinking about how much time you dedicate to your future and your studies. The more effort, the greater the success!

List your subjects in order of difficulty.

Your target for next session is: Find out what tools you can use to improve your effort

