

determined

This worksheet is a guide to promote discussion and thought about determination using Think-Feel-Be resources

Determination helps a person to keep working towards something over a period of time. To begin with it is important that you recognise where you want to put your energy.

What are the most important areas of your life to have determination in at the moment?

Confidence and self-belief are important to help stay determined. (Ensure that you complete the confidence workposter sheet.)

What challenges could you experience that lower your determination? Write these down and then write down any strategies that will help you to deal with the challenges and stay determined.

Sometimes, thinking about examples of other people being determined can help motivate you to stay determined. Write down 3 times when you noticed that determination helped someone.

Interview 2 people about how they stay determined and make some notes about what helped them.

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Choose 2 words from the Think-Feel-Be determined poster that you do well and think about what helps you do these things well.

Choose 2 words from the poster that you would like to improve in, and plan how you could improve in these areas.

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