Overview of 'Goal-directed Persistence' Toolbox 

Set Goals  (Click here for the related tools)

'Set goals' refers to the process of clearly defining the desired outcomes or tasks we wish to achieve based on our personal needs and objective circumstances. Clear goals provide us with a direction, help us track progress step-by-step, boost intrinsic motivation, and strengthen the determination and willpower required to pursue long-term success.

Suitable situation:

- Struggles to translate abstract visions into concrete, measurable and achievable small goals.

Relevant tools	Completing Homework	Preparing for Assessment	Managing School Routines	Managing Daily Routines	Interacting with Others
9a. The 'SMART Goal + Reward' Formula	✔	✔	✔	✔	✔

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Sustain Momentum  (Click here for the related tools)

'Sustain momentum' refers to the ability to keep putting in effort and overcoming challenges after setting a goal until the task is completed, a capability rooted in 'drive' and 'perseverance'. To keep our drive alive, we can break down long-term goals into smaller ones, set up external rewards, and identify the blind spots that hold us back. By leveraging the right cognitive and behavioural strategies, we can maintain the momentum and persevere until the job is done.

Suitable situation:

- Loses sight of the finish line because rewards and feedback feel too far away. As a result, the drive fades over time, making it hard to stick with the task to the very end.

Relevant tools	Completing Homework	Preparing for Assessment	Managing School Routines	Managing Daily Routines	Interacting with Others
9a. The 'SMART Goal + Reward' Formula	✔	✔	✔	✔	✔
9b. Visual Schedule	✔	✔	✔	✔	✔
9c. Motivational Quotes	✔	✔	✔	✔	✔
9d. Positive Ladder Challenge	✔	✔	✔	✔	✔
9e. Mission Route Map	✔	✔	✔	✔	✔

Suitable situations:

- Is frequently tempted to give up when facing with difficulties or setbacks.
- Tends to focus too much on personal shortcomings or past failures, leading to negative self-doubt that undermines confidence and intrinsic momentum to persist.

Relevant tools	Completing Homework	Preparing for Assessment	Managing School Routines	Managing Daily Routines	Interacting with Others
9f. The 6-Step Breakthrough Protocol	✔	✔	✔	✔	✔
9g. Task Pairing	✔	✔	✔	✔	✔
9h. Thought Makeover	✔	✔	✔	✔	✔
9i. Gratitude Journal	✔	✔	✔	✔	✔

Suitable situation:

- Frequently lacks the persistence to stick with a task due to a lack of engagement with or interest in it.

Relevant tools	Completing Homework	Preparing for Assessment	Managing School Routines	Managing Daily Routines	Interacting with Others
9j. Walk-the-Talk	✔	✔	✔	✔	✔

'Effective Questions' available

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