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# Effort Trumps Talent

## Questions to Guide Your Efforts:

### BELIEVE IN YOURSELF

- ❖ What do I believe about my talents, skills, and abilities?
- ❖ How can I improve them?
- ❖ What outcome do I want to see based on my talent and efforts? What do I start doing?

### PREPARE

- ❖ What do I need to do to prepare for this \_\_\_\_\_?
- ❖ If I were to develop a checklist of everything I need to do, what would be on the list?
- ❖ What information or research do I need to gather?

### PRACTICE

- ❖ Did I set aside practice time to review my subject matter?
- ❖ What did I learn from practicing?
- ❖ What do I need to do to improve my delivery?

### PERSISTENCE

- ❖ What supports do I have when I feel like quitting?
- ❖ What techniques or strategies do I use when I need to shift my mindset?
- ❖ What short goal can I set to build my momentum and increase my motivation to push forward?

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