Stubborn or Tenacious: The Power of Persistence

John Willson, SOAR
Executive Director
bigjohn@soarnc.org
Keys to Persistence: Proactivity & Perseverance
Proactivity

- Actively engaged in the world
  - Take leadership roles in work, community, social & family settings
- Use self-advocacy
- Take initiative & make decisions
- Willing to consult others and flexible in considering options
Proactivity Strategies

Structure Environments for Success

- Examine pitfalls that derail us
- Less is more
- If you expect your child to be invested, their input is critical
Proactivity Strategies

Learn to Assess for Distractions

- Differentiate between attentiveness and distractibility
- Plan interventions
- Develop checklists
Flavors of Distractibility

- Auditory
- Visual
- Tactile
- Kinesthetic
- Hunger
- Stress / Emotions
- Weariness
- IT
Proactivity Strategies

Teach Problem-Solving and Social Skills

- APIE:
  - Assess,
  - Plan,
  - Implement,
  - Evaluate

- Direct Instruction, Practice, Role Play
Find / Create Your “Goodness of Fit”
Perseverance

- Pursue goals despite difficulties
- Know when to quit or change tactics
- Learn from hardships and mistakes
- Accept “Failing Forward” Mindset
Perseverance Strategies

Create A Vision For Your Child And Encourage Them To Do The Same

- Play Mental Tape - Daily, Hourly As Situation Dictates
- Explore Career Options With Your Child Including Job Shadowing / Service Learning
Perseverance Strategies

Create A Vision Of An Adulthood More Positive Than Childhood

- Adulthood Is Filled With Choices / Options
- Recognize Achievements of LD & ADHD Adults that would not give up
What Do These Individuals Have in Common?

Bruce Jenner

Agatha Christie

Charles Schwab

Winston Churchill

Nelson Rockefeller

Jack London

Amy Lowell

Emily Dickinson

Teddy Roosevelt

George Patton

Albert Einstein

Tom Cruise
Perseverance Strategies

Teach Positive Self-talk

- Start With "Thought For The Day" Or "Thought For The Week"
- Use Affirmation Statements
The mind is like a parachute, it works best when it is open.

Yesterday is history. Tomorrow is mystery. Today is a gift. That’s why we call it the present.

When the going gets tough, the tough keep going.

Success comes in I cans, failure comes in cannots.

Try, there is no try. There is only do, or do not.
Perseverance Strategies

Expect / Allow For Performance Inconsistency

- Part of LD and ADHD profile
- Do not beat them over the head with their successes
- Reframe Key Words / Phrases
Goal-Setting and Effective Support Systems
Goal Setting

- Set goals that are specific, flexible, realistic and achievable
- Understand step-by-step process for reaching goals
Building a Balance

Parent

Child

Childhood

Parent

Child

Late Adolescence
Establish Routines

- Checklists
- Countdown timers
- Watch (analog vs. digital)
- Apps
- “To Do” Lists
- Project Planner
- Written deadlines
- Post-its
Goal-Setting Strategies

Teach and Consistently Utilize Goal-Setting

- Ensure goals are realistic and measurable
- Evaluate often and celebrate all successes
- Have three on-going goals
Goal-Setting

COGNITIVE

PHYSICAL

SOCIAL

EMOTIONAL / SPIRITUAL
Challenge to Goal Setting

From 2014 Family Workshop mom:

“*My son has two kinds of time – now and never.*”

*Her advice to procrastinators:*

“*The best time to do things is NOW.*”
Goal-Setting Strategies

Lessons from Covey

- Begin with the end in mind
- Keep the “main thing” the main thing
- “First things first” / Schedule your priorities
- Evaluate tasks using a “burner” system
Goal-Setting Strategies
Covey - Evaluate task using a “burner” system

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<thead>
<tr>
<th>Important</th>
<th>Urgent</th>
<th>Not Urgent</th>
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<tbody>
<tr>
<td></td>
<td>I (MANAGE)</td>
<td>II (FOCUS)</td>
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<tr>
<td>Urgent</td>
<td>Crisis</td>
<td>Preparation/planning</td>
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<td>Medical emergencies</td>
<td>Prevention</td>
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<td></td>
<td>Pressing problems</td>
<td>Values clarification</td>
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<td>Deadline-driven projects</td>
<td>Exercise</td>
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<td>Last-minute preparations</td>
<td>Relationship-building</td>
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<td>for scheduled activities</td>
<td>True recreation/relaxation</td>
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<tr>
<td>Important</td>
<td>Quadrant of Necessity</td>
<td>Quadrant of Quality &amp;</td>
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<tr>
<td></td>
<td></td>
<td>Personal Leadership</td>
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</tbody>
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| Not Important   | III (AVOID)                 | IV (AVOID)                   |
|                 | Interruptions, some calls   | Trivia, busywork             |
|                 | Some mail & reports         | Junk mail                    |
|                 | Some meetings               | Some phone messages/email    |
|                 | Many “pressing” matters     | Time wasters                 |
|                 | Many popular activities     | Escape activities            |
|                 |                             | Viewing mindless TV shows    |

<table>
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<tr>
<th>Not Important</th>
<th>Quadrant of Deception</th>
<th>Quadrant of Waste</th>
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Emotional Coping Strategies

Accept Failure as Part of Life

- “Failing forward with confidence”
- Learn from failures / mistakes
- Find ways to boost your capabilities
We pluggers never lower our goals; we find ways to boost our capabilities.