## **Grade 9 Learn Lesson Extension Activity Handout – Change the Equation**

| Name | Turn in date: |
|------|---------------|
|      |               |

Over the next several weeks, focus on the equation you learned today (Failure = Success). Remember that attaining a goal means that you will fail, but that failing means you learn something about the experience, you adjust, and you persist.

For the next two weeks, list a goal that you did not achieve. It does not need to be a major goal, but it did require effort to reach. In the table below, record:

- The date, the goal, the failure, and the feelings that you experienced.
- What you can do in the future to stay persistent so that you reach your goal (actions, words...)
- How you can "Change the Equation" so that your FAILURE = SUCCESS

## SEE THE EXAMPLE IN THE FIRST ROW:

| DATE   | GOAL   | FAILURE(S)                | FEELING(S)   | PLAY TO STAY<br>PERSISTENT   | HOW I CAN<br>CHANGE THE<br>EQUATION                            |
|--------|--|---------------------------|--|--|--|
| Oct. 1 | Getting my<br>homework<br>done before<br>dinner. | Only got<br>through half. | Angry at myself for<br>not reaching my goal<br>and my teacher for<br>giving so much<br>homework, | -Set an alarm and work for one half hour times and then take a breakTurn my phone offKeep telling myself to stay focused on one subject at a time. | I have a new<br>strategy that I<br>learned from<br>my failure. |
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