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Productive Struggle



People often give up when faced with challenges.

For instance, when a reading assignment becomes difficult, many students instinctively turn to their phones or start chatting with friends. They seek comfort in mindless, easy distractions to avoid the discomfort of struggle.

But when we only pursue what is easy, we limit our growth. If our workouts are effortless, our muscles won't grow. If we avoid long, complex books, our minds won't develop the capacity to grasp deep, intricate ideas.

To become stronger, smarter, and more capable, we must embrace productive struggle. It is through pushing past difficulty that we unlock our potential.

Productive struggle means working through something challenging and not giving up, even when it's hard.

When we engage in productive struggle, we're not just learning a new skill or concept – we're reshaping our mindset. Every challenge we face and overcome helps us build resilience and confidence. We learn to trust in our ability to persist, adapt, and grow.

For this task, you'll create a plan on how to embrace productive struggle in your life.

Step 1: Identify a Challenge:

Think of one activity you sometimes avoid because it's difficult.

- Do you avoid reading books with advanced vocabulary?
- Do you give up too easily on your math homework?
- Did you quit piano lessons because it felt too tough?



Write that activity below:

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