

The Perseverance Model

(the quality of continuing in a course of action without regard to discouragement, opposition or previous failure)

1) Choosing the right goal for this model and getting you clear BEFORE you start.

The perseverance model can look the same as the GOAL model although there are usually a lot more stars than in the goal model.

A certain number of stars are given at the start of the day, and stars are put back if your child slips up.



You have a specific goal in mind and would like your child to take it on:

a) Write the positive wording of what you would like them to achieve - ie sleep through the night without calling us, do homework on their own, use appropriate words when angry _____

b) How many 'stars or times' do you need to give them up front PER DAY? Take the **most** number of stars that you think would be given back in a day and add 2 more onto that. (ie we saw that on the worst night Cailin called us 8 times: so add 2 more and our total was now 10 stars we would give her at the start of each day)

TOTAL STARS PER DAY= (worst case) _____ + 2 = (total) _____

c) Calculate the average number of stars your child will now put on the chart every day:

(We knew that Cailin called us between 2 to 8 times a night. So if we gave her 10 stars at the start of the day as in line (b) above, then she would be able to put back between 2 to 10 stars every day. The average of this is 6 stars. So on average, Cailin will achieve 6 stars per day.

Average number of stars per day= _____

d) How many stars in TOTAL for the chart in order for them to achieve FINAL celebration goal? Figure out **how many days** you want to do the chart for depending on your child's current strengths of self discipline. So maybe 15 days.... then take the average of the number of stars your child will put on the chart per day (as in line (c) above and multiply this by the number of days you wish the chart to continue for: (On average Cailin would add 6 stars per day as in line (c) above. We want this chart to go on for about 15 days so 6 multiplied by 15 = 90 stars to achieve her final goal.

Make a sample chart to use as an explanation, one block for every 'star' needed, or find one on the web that may already inspire them. You can always create one together later on, or make your example one attractive when you have decided on the celebration. Your blocks do not have to be sequential in number.

Average number to put on chart per day _____ x number of days = total _____

e) As clear as you are able to, what are the criteria for it going from not achieved to achieved in words so they can understand: - ie if you call us in the night and we come through to you, then there is no star, but if you call us because you are sick, or wake up from a bad nightmare, then that is still ok and you can still get your star.

The details are: _____

2) Getting them inspired and on board

You can choose a goal for them to work on, or you can even leave it up to them to choose.



The wording to get them inspired and to feel you are supporting them:

"So, _____ (insert child name - Cailin), we know that you are working towards _____ (insert the **positive** wording of what you are wanting: ie- sleeping through the night without calling us, doing homework by yourself).

and we also know that it may take lot of self discipline and perseverance to keep it going, and at times may even be difficult.

So we were thinking that because this is something really important and maybe at times challenging, we are wanting to support you and we have an idea that we think will work.

It's a kind of star or celebration chart that helps us celebrate the hard work and self discipline we put in when we are working towards a goal we set especially when it is really difficult.

So you collect the stars and when the chart is filled up then you can choose how to celebrate that hard work in many different and special ways.

3) Support them in choosing a powerful acknowledgement or celebration.

This is the difference between it being a bribe, and a celebration.



Support them in choosing a powerful acknowledgement or celebration.

.... (carrying on from the previous section...)

We think it should be something special to you because it shows just how hard you have worked for this.

Maybe there is something special you would like to do, or us to do with you? Or do you have any other ideas that would mean a lot to you?"

(if what they respond is not appropriate... then absorb their comment without rejection it - ie "ok... that may be possible **and is there any other way that you can think of that you can celebrate this that will still work for you and us?**)

If they asked for money or toys, and you would prefer to find an alternative, then you can respond:

"Ok, I'll write what you said down, **and is there anything else that you can think of that does not involve money or new toys that will still work for you and us?**)

4 Explain how the model works:

This is where you explain how you give stars, and how stars are given back.



Explain how the model works, and how stars are put back:

Only now do we explain the model as we have their motivation and their buy-in.

At the start of every day I will give you "x _____" number of stars *(from line 1b above)*.

That means that if it's a really good day for you, you can put ALL those stars onto your chart!

And if in the day there's a time when it's too difficult or tricky, and you

_____ *(insert what you don't - ie call us during the night, or use swear words, or say unkind things to your brother)*, then we will place one of those stars on the back of the chart. But you still keep the other ones you have. *(remember to mention if there is special criteria here for measuring if something is achieved or not achieved)*

That means at the end of the day you can put all the stars you have left over on your chart to fill it up.

And when your chart is full, then you can celebrate it by doing _____ *(insert the celebration as in section 3 above)*

Now what I am also thinking of is there might be times when we might think differently about what happened in the day and disagree about if a star should be put back. If that happens, Mommy (or Daddy/grandpa etc) will decide what she thinks is fair for everyone and we will go with that? Will you agree to that please?

or

And what I am thinking of is there might be times when we might think differently about what happened in the day and disagree. And if this happens, then we will go with what Mommy decides the first time, and the next time we disagree then you decide for us both what you think is fair. And then it will be my turn after that. Is that ok?

5) Your first time

measuring :
How to avoid the curve ball of disagreement.



Your first night of measuring and placing the stars:

So let's check how the day went and how many stars you have left to put onto your chart. And remember that we agreed earlier that Mommy would decide if a star needs to get put at the back of the chart or not. ok?

6) Accelerate their success by asking them the check in questions: .



Check in questions that help get success and build self discipline:

Remember that you don't even need to have a conversation with them. Just ask them the questions and let them answer as they wish.

1. So how did it go today with regards to (insert the goal)?
2. What did you do today, or what worked, that supported you?
3. What do you think you could do tomorrow that would help you even more?
4. Is there anything you think we could do to support you more?