**Week One: For this assignment I need for you to complete only the highlighted areas of the paper. I only need two pages one page for the first half/and one for the second half. Please, adhere to the expected original content highlighted as well.**

Grit, Performance and Staying Power – Week 1 Assignment

Self-Leadership, what is it?

Self-Leadership is defined by the process of influencing oneself. A comprehensive process involving cognitive (thoughts) and behavioral (actions) factors. This definition is derived primarily from research and theory in two (2) areas of psychology: Social Cognitive Theory and Intrinsic Motivation Theory (Self-Determination Theory).

In the first half of the paper compare and contrast Social Cognitive Theory and Intrinsic Motivation Theory. For the second half discuss self-efficacy, a construct from Social Cognitive Theory and Intrinsic Motivation Theory. What are your personal sources of self-efficacy? Think about J.K. Rowling’s and her journey while reviewing your own.

 The requirements below must be met for your paper to be accepted and graded:

        Write 4 – 5 pages using Microsoft Word in APA style.

        Use font size 12 and 1” margins.

        Include cover page and reference page.

        At least 80% of your paper must be original content/writing.

        No more than 20% of your content/information may come from references.

        Use an appropriate number of references to support your position, and defend your arguments. The following are examples of primary and secondary sources that may be used, and non-credible and opinion based sources that may not be used.

Primary sources such as, government websites ([United States Department of Labor Bureau of Labor Statistics](http://www.bls.gov/), [United States Census Bureau](http://www.census.gov/), [The World Bank](http://www.worldbank.org/), etc.), peer reviewed and scholarly journals in EBSCOhost (Grantham University Online Library) and [Google Scholar](https://scholar.google.com/).

Secondary and credible sources such as, [CNN Money](http://money.cnn.com/), [The Wall Street Journal](http://www.wsj.com/), trade journals, and publications in EBSCOhost (Grantham University Online Library).

Non-credible and opinion based sources such as, Wikis, Yahoo Answers, eHow, blogs, etc. should not be used.

Cite all reference material (data, dates, graphs, quotes, paraphrased words, values, etc.) in the paper and list on a reference page in APA style.

[View your assignment rubric](https://content.grantham.edu/academics/01_Instructional_Designers/WrittenAssignmentRubric.htm).