

## Journal #2 –Setting Goals

After watching the following video, think about the importance of setting goals for yourself. As you watch the video a second time, make sure you write down any poignant statements or statistics from the narrator about goal setting and why it is crucial to success. What is a goal? What is a dream? How do dreams and goals differ? Why is it important to set goals for yourself?

### [Video #2](#)

After watching this video and responding to the prompt, please complete to following:

- Set three goals for yourself. Write them down under this journal entry.
- At least ONE of the goals that you set has to be an academic goal.