Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Journal Entries Chapter 1: Understanding Motivation**

1. What are your dreams for the future? Write at least a five-sentence paragraph about what you hope to accomplish by going to college.
2. In how many units are you enrolled this term? Approximately how many hours per week will you need to study to be successful? Write five intention statements about improving your mindset and grit.

I am enrolled in \_\_\_ units. I will need to study approximately \_\_\_ hours per week to be successful.

To improve my mindset and grit, I intend to:

1. Write five positive statements about your college education and your future.
2. Make a list of five ideas you can use to improve motivation. Include any of these ideas: mindset, grit, positive thinking, finding interest, concentration, attention, intrinsic motivation, locus of control, affiliation, achievement, and using rewards.
3. What will you do if you are tempted to drop out of college? What steps can you take to be persistent in achieving your college goals? Are there times when it is best to change goals rather than to be persistent if your efforts are not working? Write a paragraph about how you will be persistent in reaching your college goals.