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

**Journal Entries Chapter 1: Understanding Motivation**

1. Write a paragraph about deciding on your ideal major and career. Use any of these questions to guide your thinking: If you have chosen a major, why is it the best major for you? Does this major help you to live your preferred lifestyle? If you have not chosen a major, what are some steps in choosing the right major and career? What qualities would you look for in an ideal career? What is your preferred lifestyle?
2. What are your dreams for the future? Write a paragraph about what you hope to accomplish by going to college.
3. Write five positive statements about your college education and your future career.
4. What tools can you use to take control of your life and create the future you want? How can you use locus of control, successful beliefs, hope, or visualization to accomplish your goals?
5. What does happiness mean to you? Write five intention statements regarding your future happiness.

To me happiness is

I intend to