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

**Journal Entries Chapter 4: Exploring Your Multiple Intelligences**

1. Write five intention statements about using the growth mindset and grit to improve your skills.
2. Look at your results from the AchieveWORKS Intelligences assessment. According to this assessment, what are your highest multiple intelligences? List any suggested careers in which you are interested.
3. Look at the charts and see where you have the most checkmarks. What do you think are your highest intelligences? Do your opinions match the results on the AchieveWORKS multiple intelligences assessment?
4. Comment on your emotional intelligence and how you can use it to be successful in your career.
5. 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 and career goals.