Season 2 | Episode 4

**Samantha Pesceck**

**Instructions:** Watch the video on YouTube ([LINK HERE](https://youtu.be/w3gCMaPvbOE)), and then answer the questions below on this page.

**[Writing Prompt 1]** Setting and achieving your goals takes self-management skills.

Write your definitions for the following self-management concepts.

* Self-Motivation:
* Self-Discipline:
* Goal-Setting:

**[Writing Prompt 2]** Right now, the circumstances of the COVID-19 Pandemic are creating challenges for all students and professionals. Choose one of the terms above and write / describe how you will use that concept to stay focused on your goals.

**[Writing Prompt 3]** In episode 4, Samantha Pesceck describes the circumstances of her injury that could have caused overwhelming self-doubt and regret. However, she overcame the challenges of her injury to come back and become a National Champion.

Write a self-discipline plan for the week. Include the following: 1) What goal are you going to work toward this week? 2) Create a daily schedule that includes focused time for you to work toward your goal.

share your dreams and goals on social media using #believeinyouchallenge