



Season 2 | Episode 4
Samantha Pesceck

Instructions: Watch the video on YouTube ([LINK HERE](#)), 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

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