



Day 7 Multimedia

On Day 7, you'll watch Stephen Duneier's TEDx talk, "How to Set and Achieve Big Goals," where he shares practical strategies for setting clear, actionable goals and breaking them down into manageable steps. Duneier emphasizes the importance of focusing on small, consistent actions to achieve long-term success, which directly ties into the concept of action planning discussed in this session. His talk will inspire students to take control of their learning journey by creating realistic plans to integrate and apply what they've learned.



Video Summary

Stephen Duneier shares his insights on achieving long-term success by focusing on setting clear, actionable goals and breaking them into smaller, manageable tasks. He emphasizes that small, consistent actions lead to significant improvements over time. Duneier uses personal examples to show how this method applies to various aspects of life and learning, encouraging viewers to take ownership of their goals. He advocates for a mindset shift where individuals focus on progress rather than perfection, offering practical strategies for turning big aspirations into achievable realities.



Think of a big goal you've set. How did breaking it into smaller steps help you stay motivated and make progress?