Polymorphism is the process in which it allows us to write code that can be used differently depending on the object calling it. For example, in the program Eternal Quest we wrote 3 different types of goals which each one overrode the methods from the base class Goal. If we wanted to add a new class, the existing menu and list still work as long as the new class overrides the same methods. Like when I used foreach (Goal g in goals) then it calls the current version of each goal. A benefit is that Polymorphism makes the code more flexible and easier to update and supports new goal types without having to rewrite it each time.