

Name: _____



Value of Having Goals

There are many benefits to setting and realizing goals in all aspects of life. Complete the following questions below based on your own thoughts and feelings.

How can a goal help you achieve? _____

How can a goal help with motivation? _____

How can a goal help with your satisfaction level? _____

How can goals help with your confidence levels? _____

How can goals help to eliminate negativity? _____

How can goals improve with happiness? _____

How can goals help with self-discipline? _____

How can goals support your progress? _____