

Name: _____

Goals: What Have You Learned?

① Why is it important to be specific when setting a goal and what specifics are needed? _____

② Why is it important to set priorities before establishing your goal(s) _____

③ Why should most goals be performance goals? _____

④ Why should you focus on 'realistic' goals? _____

⑤ Why should goals have a specific time frame for reaching them? _____
