

Name \_\_\_\_\_

## Setting and Achieving Your Goals: A Path to Personal Growth

### Multiple Choice Questions

1. What does SMART stand for in SMART goals?
  - a) Silly, Magical, Awesome, Random, Tricky
  - b) Specific, Measurable, Achievable, Relevant, Time-Bound
  - c) Strong, Mighty, Amazing, Real, Timely
  - d) Simple, Magical, Achievable, Reasonable, Timeless
  
2. Why is it important to break big goals into smaller steps?
  - a) To make them look less intimidating
  - b) To have more steps to follow
  - c) To make them more manageable and track progress
  - d) To avoid setting big goals
  
3. What should you do if you encounter obstacles while working towards your goals?
  - a) Give up and set new goals
  - b) Stay persistent and keep working towards your goals
  - c) Forget about your goals and focus on something else
  - d) Blame others for the obstacles
  
4. How can seeking support from others help you achieve your goals?
  - a) It can provide valuable insights and motivation
  - b) It can make your goals easier to achieve
  - c) It can replace the need for setting goals
  - d) It can hinder your progress
  
5. Why is it important to celebrate your achievements along the way?
  - a) It's not necessary to celebrate achievements
  - b) Celebrating achievements boosts confidence and motivation
  - c) Celebrating achievements is a waste of time
  - d) Celebrating achievements can make you complacent

