

Name \_\_\_\_\_

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

### Short Answer

1. What are SMART goals, and why are they important in goal setting?
2. How can breaking big goals into smaller steps help you achieve them?
3. Why is it essential to create a plan when working towards your goals?
4. Describe a time when you faced a setback while trying to achieve a goal. How did you handle it?
5. Why should you continue setting new goals even after achieving one?

