

Name _____

Setting and Achieving Your Goals: A Path to Personal Growth

Open-Ended Response Questions

1. Share a personal goal you've set using the SMART criteria. Explain why it met each element of SMART (Specific, Measurable, Achievable, Relevant, Time-Bound).
2. Describe a significant achievement in your life that required persistence and overcoming obstacles. How did you stay motivated throughout the process?
3. Reflect on a time when you asked for support or guidance from someone to help you achieve a goal. How did their assistance impact your success?
4. Discuss the role of a positive mindset in setting and achieving goals. Provide an example of how a positive attitude helped you overcome a challenge.

