

Name \_\_\_\_\_

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

### Short Answer Key

1. SMART goals are Specific, Measurable, Achievable, Relevant, and Time-Bound goals. They are important in goal setting because they provide clarity and structure, making it easier to plan and achieve your objectives.
2. Breaking big goals into smaller steps makes them more manageable and less overwhelming. It allows you to track progress, stay organized, and focus on completing one task at a time.
3. Creating a plan is essential because it helps you outline the necessary steps, set deadlines, and stay organized. It provides a clear path toward your goals and increases the likelihood of success.
4. (Personal response may vary) For example, I faced a setback when I didn't perform well on a math test, even though I had studied hard. I felt disappointed, but I decided to learn from my mistakes. I sought help from my teacher, reviewed my study methods, and practiced more to improve my math skills.
5. Setting new goals keeps you motivated and encourages personal growth. It allows you to continuously challenge yourself, learn new things, and strive for improvement in various aspects of your life.

