

Name \_\_\_\_\_

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

### Open-Ended Response Answer Key

1. (Personal response may vary) For example, my goal was to read 10 books over the summer. It was specific because I specified the number of books, measurable because I could track my progress, achievable because it was within my capacity, relevant because I wanted to improve my reading skills, and time-bound because it had a deadline by the end of the summer.
2. (Personal response may vary) One significant achievement was learning to ride a bicycle. I faced challenges like falling and feeling frustrated, but I stayed motivated by remembering my goal of riding independently. With practice and encouragement from my family, I eventually succeeded.
3. (Personal response may vary) I asked my teacher for help with a challenging school project. Their guidance and advice significantly improved my project's quality, and I learned valuable skills in the process. Their support made a big difference in my success.
4. A positive mindset is crucial because it boosts confidence and resilience. For instance, when I faced a difficult math problem, I remained positive and believed in my ability to solve it. This attitude allowed me to stay focused and find a solution, even when it seemed challenging at first.

