

Name \_\_\_\_\_

## Aim High, Achieve More: The Importance of Setting Goals

### Multiple Choice Questions

1. What is the primary purpose of setting goals?
  - a. To create a to-do list
  - b. To provide direction and purpose
  - c. To procrastinate
  - d. To avoid challenges
  
2. How can goals help with motivation?
  - a. By adding more tasks to your schedule
  - b. By boosting determination and perseverance
  - c. By making you focus on irrelevant activities
  - d. By setting unrealistic expectations
  
3. Why is measuring progress important in goal setting?
  - a. It doesn't really matter.
  - b. It allows you to track achievements and stay motivated.
  - c. It always leads to disappointment.
  - d. It can be discouraging.
  
4. How can achieving goals impact self-confidence?
  - a. It has no effect on self-confidence.
  - b. It can lower self-confidence.
  - c. It can boost self-confidence.
  - d. It leads to self-doubt.
  
5. What role do deadlines play in overcoming procrastination?
  - a. Deadlines make procrastination worse.
  - b. Deadlines are irrelevant to goal setting.
  - c. Deadlines motivate action and prevent procrastination.
  - d. Deadlines are only for adults.

