

Name \_\_\_\_\_

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

### Open-Ended Response Questions

1. Share a personal experience where setting a specific goal helped you stay motivated and achieve a desired outcome. How did having a clear goal impact your determination and progress?
2. Think of a long-term goal you would like to achieve in the future. Describe the steps you would take to break down this goal into smaller, manageable parts, and explain how tracking your progress along the way could help you stay motivated.
3. Discuss a situation where someone you know set a challenging goal and faced obstacles along the way. How did they stay motivated and ultimately achieve their goal? What lessons can be learned from their experience?
4. Imagine a world where setting goals was not a common practice. How might people's lives be different, and what challenges could arise without the guidance and motivation provided by goal-setting?

