



Goal Setting Activities

ASSESSMENT # 1

Total Marks: 30

Answer the following questions:

Q: 1: Short Questions (15)

- I. Describe a model for goal-setting success.
- II. What is a 'bucket list'?
- III. Describe the importance of goal-setting.

Q: 2: Who are mentors? How do they help in setting goals? (7)

Q: 3: Outline the three important steps for creating a personal vision. (8)