

# Goal Setting and Problem Solving Strategies

Personal Development · Answer Key · 10 Questions

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**1. What type of goal is achieved in a very short time, like a weekend?**

**A) Short-term goals**

B) Medium-term goals

C) Long-term goals

D) All of the above

**2. Which type of goal is typically achieved within 6 months?**

A) Short-term goals

**B) Medium-term goals**

C) Long-term goals

D) Immediate goals

**3. Becoming a doctor or building your own house are examples of which type of goal?**

A) Short-term goals

B) Medium-term goals

**C) Long-term goals**

D) Future goals

**4. What is the first step in planning and goal-getting?**

A) Check if it's a SMART goal

**B) Write down your goal**

C) Make an action plan

D) Evaluate if you've achieved your goal

**5. What does the text suggest you do after writing down your goal?**

A) Evaluate if you've achieved your goal

B) Make an action plan

**C) Check if it's a SMART goal**

D) Gather information

**6. What is the second step in the problem-solving process?**

A) Define the problem

**B) Gather information**

C) List possible solutions

D) Choose the best solution

**7. How many steps are recommended for planning and goal-getting?**

- A) 3
- B) 4
- C) 5**
- D) 6

**8. What is the last step in the problem-solving process?**

- A) Gather information
- B) List possible solutions
- C) Think of the effects
- D) Choose the best solution**

**9. What does the 'SMART' acronym likely refer to in the context of goals?**

- A) Specific, Measurable, Achievable, Realistic, Timely**
- B) Simple, Manageable, Actionable, Rewarding, Thoughtful
- C) Strategic, Motivating, Ambitious, Relevant, Thorough
- D) Systematic, Methodical, Adaptable, Resourceful, Transparent

**10. After listing possible solutions, what should you do next in problem-solving?**

- A) Gather information
- B) Define the problem
- C) Think of the effects and consequences of each solution**
- D) Choose the best solution