

Types of Goals

Goal Setting · Answer Key · 10 Questions

1. What type of goals are achieved in a very short space of time?

- A) Short-term goals**
- B) Medium-term goals
- C) Long-term goals
- D) All of the above

2. Finishing a project over the weekend is an example of which type of goal?

- A) Medium-term goal
- B) Short-term goal**
- C) Long-term goal
- D) None of the above

3. What is the typical timeframe for achieving medium-term goals?

- A) A few years
- B) A week
- C) 6 months**
- D) A day

4. Which type of goal is characterized by a timeframe of 6 months?

- A) Short-term goal
- B) Long-term goal
- C) Medium-term goal**
- D) Immediate goal

5. Becoming a doctor is given as an example of which type of goal?

- A) Short-term goal
- B) Medium-term goal
- C) Long-term goal**
- D) Future goal

6. Building your own house is classified as what kind of goal?

- A) Short-term goal
- B) Medium-term goal
- C) Long-term goal**
- D) Personal goal

7. Goals that you want to achieve in a few years are considered:

- A) Short-term goals
- B) Medium-term goals
- C) Long-term goals**
- D) Flexible goals

8. What is the timeframe for achieving a short-term goal mentioned in the text?

- A) 6 months
- B) A few years
- C) A very short space of time**
- D) A decade

9. According to the text, a goal you want to finish within a week falls under which category?

- A) Medium-term goals
- B) Long-term goals
- C) Short-term goals**
- D) Project goals

10. Which category of goals typically takes the longest to achieve?

- A) Short-term goals
- B) Medium-term goals
- C) Long-term goals**
- D) Daily goals