

Steps for Goal Setting and Problem Solving

Life Skills · Answer Key · 4 Questions

1. What is the first step mentioned in planning and goal-getting?

- A) Make an action plan
- B) Write down your goal**
- C) Evaluate your goal
- D) Carry out your plan

2. After writing down your goal, what should you check for (correcting the typo 'Gmait god')?

- A) If it's a difficult goal
- B) If it's a SMART goal**
- C) If it's a group goal
- D) If it's a short-term goal

3. What comes after checking if your goal is SMART?

- A) Evaluate your progress
- B) Define the problem
- C) Make an action plan**
- D) Gather information

4. What is the step where you 'Carry out your action plan'?

- A) Plan it
- B) Do it**
- C) Think it
- D) Review it