

Goal Setting and Action Planning Basics

Personal Development · Answer Key · 5 Questions

1. According to the text, what is a primary step in goal setting?

- A) Write down your goal**
- B) Forget your goal
- C) Share your goal with everyone
- D) Think about your goal vaguely

2. After writing down your goal, what does the text suggest you do next?

- A) Immediately start working on it
- B) Check to see if it's a good goal**
- C) Move to a different goal
- D) Take a long break

3. Once your goal is set and checked, what is the next phase mentioned?

- A) Give up if it's too hard
- B) Move on to an action plan**
- C) Wait for someone else to do it
- D) Spend more time dreaming

4. What does the instruction "Do it. Carry out your action plan" primarily mean?

- A) Just think about the plan
- B) Delegate the plan to others
- C) Execute the steps in your plan**
- D) Write down a new plan

5. The overall purpose of these steps is to help you:

- A) Avoid responsibilities
- B) Achieve your desired goal**
- C) Make the process complicated
- D) Waste time