***Посмотрите видео и ответьте на вопросы.***

***Видео “Personal goal setting” (Mind Tools)***

[***https://www.youtube.com/watch?v=yux\_m8AdzwY***](https://www.youtube.com/watch?v=yux_m8AdzwY) ***or***

[***https://www.mindtools.com/page6.html***](https://www.mindtools.com/page6.html)

1. What is a goal? Why do we need to set goals?
2. How to set goals effectively? Explain the technique briefly.
3. What stands for SMART?