**Goal Setting**

1.Why do we need to set goals?

2.In what way do people who use goal-setting effectively differ from others?

3.What is the first step in setting personal goals?

4.Do you have your personal goals? What are they? Can you prioritize them?

5.How to set goals effectively?

6.Why is it important to set goals based on performance not outcomes?

7.What are the reasons for setting unrealistic goals?

8.What questions should you ask yourself to achieve the goals set?