



Setting Personal Goals

1 Complete the definitions using the types of goals.

Long-term goals    Short-term goals    Lifetime goals

Part of setting smart goals is to understand that there are different types of goals:

- 🎯 (1) \_\_\_\_\_ are how we see ourselves in the future and what we would like to become. It can take our whole life to achieve these goals.
- 🎯 (2) \_\_\_\_\_ are for things we want to achieve in the next five or ten years.
- 🎯 (3) \_\_\_\_\_ can take months or a year. They may help us reach our long-term or lifetime goals.

• Listen to the children and write the type of goals they are describing. 🎧

