Name: _____ Date: _____

Unit 1 - Goal Setting

1. How many categories are in "The Life Wheel"? (1pt)
   a. 5
   b. 7
   c. 8

2. List the wheel of life in **Alphabetical Order**. (8pts)

   _____

   _____

3. True/False. Goal setting is very important as it helps you grow and expand. (1pt)
   a. True
   b. False

4. True/False. When setting goals you should use S.M.A.R.T goals. (1pt)
   a. True
   b. False

5. Select all of the areas in which you should set goals. (3pts)
   a. Educational
   b. Career
   c. Shops
   d. Health

6. True/False. I will apply for college within 6 months before graduating high school and attend at least 3 college fairs is an example of using S.M.A.R.T goals principles. (1pts)
   a. True
   b. False

7. Give an example of a specific goal. Make it personable. (3pts)

   _____

   _____

8. What is a vision board? (2pts)

   _____

   _____

[TOTAL MARKS 20pts]

LIVEWORKSHEETS