

How to Set Goals - Questions

Answer the questions below as best you can in full sentences. You can use more than one sentence to answer each question. Use modals of necessity for questions where I have asked for advice (for example, question 4)

1. What are your short-term and long-term goals?
2. Do you procrastinate? Why or why not?
3. What makes you or other people procrastinate?
4. What should people do to stop themselves from procrastinating?
5. What should people do to stay organized?
6. Do you keep a planner or calendar? How do you stay organized?
7. Do you think rewards are a good way to motivate people?
8. How do you reward yourself when you have achieved a goal or done a good job?