Setting Realistic Goals

Write an "x" in the options that represent **realistic goals** for your life context:

Identifying and overcome a fear	Improving your time management skills
Attending a career fair	Improving your sleeping habits
Quitting a bad health habit	Reconnecting with an old friend
Hosting a party	Learning a new recipe
Living in another country	Starting your own business in 2 years from now
Completing a professional development course	Trying a new form of physical activity

LIVEWORKSHEETS