

**ASSESSMENT # 1**

**Total Marks: 30**

**Answer the following questions:**

**Q: 1:** Short Questions (15)

- I. Describe a model for goal-setting success.
- II. What is a 'bucket list'?
- III. Describe the importance of goal-setting.

**Q: 2:** Who are mentors? How do they help in setting goals? (7)

**Q: 3:** Outline the three important steps for creating a personal vision. (8)