

# Goal Setting

## ASSESSMENT # 4

Total Marks: 30

Answer the following questions:

- Q: 1:** Who are mentors? How do they help in setting goals? (7)
- Q: 2:** Outline the three important steps for creating a personal vision. (8)
- Q: 3:** What is SPIRIT? How does it help in setting goals? (7)
- Q: 4:** Describe the ways of dealing with setbacks. (8)