

**ASSESSMENT # 1**

**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)