

**A GOAL without a plan is just a wish.**

**DREAM BIG... BUT PLAN IT AND TAKE ACTION!**

A GOAL IS SOMETHING THAT YOU TRY TO ACHIEVE. Setting goals helps you to live your life to the fullest. Goals help you focus. They motivate and inspire you. A goal is different from a wish or a dream, because you take action. You set the goal, and then take action to achieve it.

**GOALS ARE USEFUL BECAUSE THEY:**

- give you direction by helping you move from where you are to where you want to be
- help you take charge of your future and allow you to plan
- are personal and unique to YOU

Goal-setting is a life skill. Other life skills that will help you set and achieve goals include: problem-solving, time management, reflection and evaluation, self management.

**TYPES OF GOALS:**

**SHORT-TERM GOALS**

These can be achieved in a short time, such as a week, a month or a few months.

**MEDIUM-TERM GOALS**

These can be achieved in one to three years.

**LONG-TERM GOALS**

These are usually life goals that you aim to achieve in more than three years.

- Usually one sets short-term and medium-term goals to help achieve a long-term goal eg: if a long-term goal is to be a professional sportsperson, one would set a short-term goal of getting into the school team this year, and perhaps then playing for your region in the next year.



**BE SMART.** Follow the SMART method when you set your goals.



**SPECIFIC:** Be specific – be sure it is not just a general wish.

**MEASURABLE:** Measure each step of your progress.

**ACHIEVABLE:** Make sure it is attainable.

**REALISTIC:** Make it within your reach.

**TIMELY:** Set a time frame.

**FOCUS** Life Orientation  
Grade 11

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