

Q1 why is it important to set goals?

- Ans.
- Goals give us a roadmap to follow.
 - Goals are a great way to hold ourselves accountable, even if we fail.
 - Setting goals and working to achieving them helps us define what we truly want in life.
 - Setting goals also help us prioritize things.
 - Setting goals helps trigger new behaviours helps guides your focus and helps you sustain that momentum in life.

Q2. How would you distinguish between long term goals and short term goals?

- Ans.
- The main difference between short and long-term goals is that long-term goals tend to drive direction and strategy while short-term goals are tied to your current situation and tend to be easier to achieve.
- Of course, the most obvious difference is the amount of time and resources it takes to accomplish each.

1. Strategy

- Long term goal is strategic.
- You need to make small changes in your everyday life to achieve them.
- Short term goals need strategies that have more to do with your current performance.
- You'll base your strategy primarily on how close you are to realizing your ultimate goal.

2. Number of goals

Q3. What are SMART goals?

Ans. Once you have planned your project, turn your attention to developing several goals that will enable you to be successful.

Goals should be SMART - specific, measurable, agreed upon, realistic and time-based.

The acronym SMART has a number of slightly different variations which can be used to provide a more comprehensive definition for goal setting:

S specific, significant, stretching

M measurable, meaningful, motivational

A attainable, agreed upon, achievable, acceptable, acceptable action-oriented,

R Relevant, realistic, reasonable

T time-bound, time-based, timely, tangible

Q4. Set a minimum of two long term goals and short term goals regarding your career and health.

Ans. Long term goals :-

1. Publish research papers

2. Creating Blockchain-based apps

~~Short~~

(ii) Health :-

1. Maintaining physic

2. Increasing body mass

Short term goals :-

i) Career

1. Completing web development courses

2. Creating fully functional website from scratch

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ii) Health

1. Fixing sleep schedule
2. Less stress on the body

