



Lesson One Post Test: S.M.A.R.T. Goals

- 1) Why is it important to set goals?
 - a) To measure how long it may take you to do something.
 - b) To help you make a plan for your life
 - c) To make you motivated
 - d) To get in the way of achieving your goal
- 2) What is a goal that can be achieved further in the future and requires advanced time and planning (months or years)?
 - a) Measurable Goals
 - b) Time-Bound Goals
 - c) Long Term Goals
 - d) Relevant Goals
- 3) Something that gets in the way of you accomplishing your goals is a/an
 - a) Modification
 - b) Motivation
 - c) Obstacle
 - d) Event
- 4) What is a goal that can be achieved in the near future?
 - a) Short Term Goals
 - b) Attainable Goals
 - c) Measurable Goals
 - d) Specific Goals
- 5) S.M.A.R.T. goal stands for
 - S _____
 - M _____
 - A _____
 - R _____
 - T _____



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- 1) B - To help you make a plan for life
- 2) C - Long Term Goals
- 3) C - Obstacle
- 4) A - Short Term Goals
- 5) **S**- Specific
M- Measurable
A- Achievable
R- Realistic
T- Time Bound