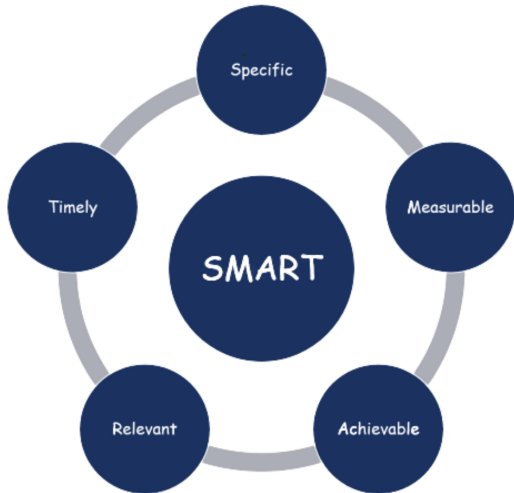# Goal Setting Assignment

Setting goals is an important first step in accomplishing anything. Goals set a direction and destination. They help determine progress. Without them, there's no way to know if you accomplished what you set out for.

When setting goals, consider both long- and short-term goals. Break up complex goals into smaller, more attainable steps.

Long-Term Goals

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Short-Term Goals

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SMART Goals

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