

# Establishing Goals Quiz

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**Directions:** Answer true or false to the following question.

1. Goals must be related to your values to be rewarding and satisfying.
2. Long term goals can be completed in 1 year or less.
3. Goals should be specific and measurable.
4. Setting and achieving a goal takes self motivation, commitment and discipline.
5. Goals have value even when you don't act them.
6. Long term goals can often be broken into smaller short term goals.
7. Goals should be realistic.
8. It's important to identify resources needed to accomplish a goal.
9. Target dates are not necessary for goals.
10. Successful financial goal achievement requires the person to be willing to defer things wanted now for larger, more important commitments later.

## Answers

1-True, 2-False, 3-True, 4-True, 5-False, 6-True, 7-True, 8-True, 9-False, 10-True