

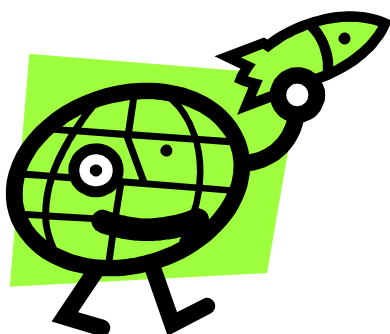
## Setting Goals(I):

### Reflecting on the importance of Goal-setting

1. A goal is like a beacon in the sea, providing us with a clear and definite direction.
2. Once we set a goal, we have the drive to move towards it. In the process, we will gain a better understanding of our own needs and potential, which allows us to take a big step forward in our personal growth.



3. Factors to consider when setting goals :



- **Clarity:** The target must be clear, specific, and measurable.
- **Feasibility:** Avoid setting unrealistic goals that may neglect other life matters and responsibilities.
- **Time:** Is there adequate time to achieve the goal? Review regularly and appropriate adjustment is necessary.
- **Personal abilities:** Avoid overestimating or underestimating your own abilities.
- **Experience:** Use your own or others' experiences to set realistic and achievable goals.
- **Resources:** Different external resources can increase the chances of achieving the target.
- **Environmental limitations:** Consider environmental constraints to minimize or remove obstacles.

