

# **SETTING GOALS AND PRIORITIES**

| <b>Component Description</b>   | <b>Objectives</b>   |
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| <ul style="list-style-type: none"><li>◆ Missions, Goals And Priorities</li><li>◆ Goal Avoidance</li><li>◆ Setting Goals</li><li>◆ Priorities</li><li>◆ Action Plan</li></ul> | <p>By the end of this session, participants will be able to:</p> <ul style="list-style-type: none"><li>– Differentiate between missions, goals and objectives</li><li>– Discuss why people don't set goals</li><li>– Develop a goal setting process</li><li>– Apply priorities to goal setting</li><li>– Develop a personal action plan to achieve the goal</li></ul> |

