I think we all agree that there are goals in this life that are difficult for some people to reach, compared to others. This depends on your financial and moral situation and your level of education. We must always strive to set realistic goals.

In 2017, I started learning French, and I was really excited about this language. But within 8 weeks, I discovered that I was really indifferent to the French language and then discovered that I was looking for something to bridge the time gap in my life and not my love for this language. Despite the enthusiasm, in the beginning, this decision I made was inaccurate and opened a file in my brain that I have not been able to get so far with. The reason for my failure to achieve my goal is the motivation that motivated me to set this goal, and my inability in those days to address myself about the reason behind this goal that I set and why? Most of the time our goals are the result of different reactions and we must be clear with ourselves why do we want to achieve this goal and how? They seem simple but very difficult questions to answer to these questions.

In 2012, I was a high school student in Syria. During this year I was bullied by the school principal, he always said to me, "You will not cross over to the university because you do not seem smart" and this was always happening in front of my classmates. Because of this bullying, I set a goal in front of my eyes, which is to succeed in the baccalaureate with high marks in order to take revenge on the school principal and show him that he was wrong. Indeed, I studied hard and tired during the last three months before the final exam. And when I was tired, I remembered why I set this goal and this helped me to continue and study for about 18 hours a day. In the end, I achieved my goal and finished the exam with very high marks and I was the first in my class and the third in the school. The reason I set this goal is the bullying of the school principal. I want to say that realistic goals come from reality itself. Regardless of the reasons. Sometimes you set a goal that you cannot achieve now for several reasons and conditions, but you can achieve it at a later time. Conditions, time, and location are key factors in achieving goals or failing to achieve them. But the main factor is your motives for achieving this goal. Effective goal setting helps us achieve our goals because it helps us to be more confident in ourselves and discover what we want to achieve in this life by thinking about realistic and achievable goals. Effective goal setting helps us to follow our goal steps in a practical and objective way and makes us analyze and discover solutions to anything that might confront us in achieving our goals. And it helps us to invest time better and this leads to not losing time and achieving our goals in an organized and fast manner. The characteristics of good goals are for the goal to be achievable (realistic). That the goal is specific and meaningful. That the goal is useful for study or employment or to increase confidence and self-satisfaction. That the goal is positive and flexible.

My short term goal is to gain weight and go to the gym. This goal will make me a sportsperson. My mid-term goal is to obtain a BA in computer science. This goal will help me in my career. My long-term goal is to create an organization to help children get an education in Syria. I want to create this organization in order to provide education to the largest number of people in my country Syria. I mean in education that encourages people to think critically, which will make education fun and interesting for children and this will reflect positively on society and the state.

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