Goal setting is one of the most powerful technique which helps to direct the effort, raise your confidence in project etc. It the process of finding what to achieve in the project and developing a plan to achieve our goals. The importance of goals setting in planning are as follows: -

Focus: It helps to focus on target that we must achieve. It helps to allow where we have to focus rather than wasting time and resource aimlessly and allow to achieve the target and reach the goal.

Measure the progress: By goals setting in plannig helps to measure the progress of project because there is always endpoint of every project which we can compare with.

Goals keeps you locked and undistracted: goals setting helps to add boundaries. With the helps of goals setting it helps to add end point in our mind and it helps to automatically stay away from the distractions and focused on achieving the goals.

Motivation: The goal setting is the basis for your move. You can give yourself a clear outcome by having a goal to work for and to be excited. It lets you concentrate on everything and put 100% of your energy, and inspiration is the emphasis.