

A

Setting goals helps us to focus on our life. It also improves our mental health. It gives pleasure. It also guides for achieving success and makes it easier to achieve success.

B

Goals can be classified in many types but some major are:

① Time based goals: long term & short term goals are the examples.

② Performance based goals.

③ Process Oriented goals.

④ Life time goals.

C

→ Long term goals: It consist of planning career in our life. Just like Leadership skills. Accomplishment of job in future.

Short term goals: It means something you want to do in the upcoming future. which will last for short time. Examples are reading two books every month.



D.

Clear's and focus on what is important in our life.

clarity in decision making power.

Provides motivation to us.

Gives sense to purpose of life.

E.

Lack of mental health, laziness is the major issue and reason among all. Lack of decision making power and motivation.

F.

Barriers are poor family backup, poor economy, lack of decision making power.