

## **Goals Versus Activities**

In this activity, decide whether each item listed is a goal or an activity. Mark your answer and reflect on the difference between long-term outcomes and the steps to get there.

| Statement                        | Goal or Activity? |
|----------------------------------|-------------------|
| Learn Spanish                    |                   |
| Watch a Spanish film             |                   |
| Get in shape                     |                   |
| Join a gym                       |                   |
| Earn a promotion at work         |                   |
| Update my resume                 |                   |
| Improve my public speaking       |                   |
| Practice presenting twice a week |                   |

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