

THE
SIDELINE
GOALS
QUICK QUIZ

Goal P.R.E.P

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Sideline Goals Quick Quiz

TEST YOUR KNOWLEDGE OF THE TOPIC

Check the best answer for each of the below:

01

What is a SWOT Analysis...

- Strength, Willingness, Opportunity, Time
- Simplify, Weighted, Opportunity, Tests
- Strengths, Weaknesses, Opportunities, Threats
- Simplify, Work, Options, Track

02

A SMART Goal should be...

- Specific, Measurable, Attainable, Relevant, Time-bound
- Specific, Monitored, Accurate, Researched, Tested
- Speedy, Measurable, Accountable, Relevant, Timely
- Sampled, Monitored, Achievable, Researched, Time

03

People who set goals, write them down, and then take action on them daily, are typically more successful than those who think about their goals.

- True
- False

04

Writing down SMART Goals and being held accountable by a friend or co-worker, offer more opportunities for success.

- True
- False

05

Put the 7 Step Goal Process in order by filling in the step number.

- ____ Take Action ____ Create Goals ____ Mission & Vision
____ Brainstorm ____ Prioritize ____ Celebrate Your Success!
____ Create a Winning Environment

BOOM! How did you do?