



Goal setting is a fundamental life skill that provides **direction, purpose,** and **motivation.** Whether in academics, career, or personal growth, having well-defined goals helps individuals move from intention to action. Many people work hard but struggle to see results because they lack clarity on what they truly want to achieve and how to get there. This course introduces learners to the principles of effective goal setting, helping them identify meaningful goals, break them into achievable steps, and develop habits that support consistent progress. By understanding how to set and pursue goals strategically, learners can make better decisions and use their time and energy more productively.