# 目标(Goals)

来源：网络 作者：星海浩瀚 更新时间：2023-11-25

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　　there are three kinds of goals: short-term, medium-term and long-term goals.

　　short-term goals are those that usually deal with current activities, which we can apply on a daily basis. such goals can be achieved in a week or less, or two weeks, or possibly months. it should be remembered that just as a building is no stronger than its foundation, our short-term goals cannot amount to very much without the achievement of solid short-term goals. upon completing our short-term goals, we should date the occasion and then add new short-term goals that will build on the foundation of the short-term goals.

　　they might deal with just one term of school or the entire school year, or they could even extend for several years. any time you move a step at a time, you should never allow yourself to become discouraged or overwhelmed. as you complete each step, you will enforce the belief in your ability to grow and succeed. and as your list of completion dates grow, your motivation and desire will increase.

　　long-term goals may be related to our dreams of the future. they might cover five years or more. life is not a static thing. we should never allow a long-term goal to limit us or our course of action.

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