



My Goals And Ways To Achieve Them

This essay is about goals in my life and how I plan to achieve them.

A goal is a desire to aim for anything you want to achieve. Goals can help you physically, mentally, emotionally and socially. Goals can help you stay on the right path and not let you fall downhill. But if you don't set a goal you won't know where you'll end up. Setting up a goal can help you set a really good mindset for the future and present. Setting up a goal also gives your life direction, and boost your motivation and self-confidence.

My first goal is significant, health. Health plays a major key role in our lives and bodies. My first health goal is getting more sleep then I am right now Sleep is important for brain functioning, emotional wellbeing, physical health, daytime performance, and personal safety. Not getting enough rest increases your chances of getting diseases such as cancer and diabetes. It can also weaken your immune system and increases your risk of getting into a car accident. The steps I plan to do to reach my goal is to go to bed an hour or two earlier than right now and wake up at the same time and fall asleep at the same time. Also not being tempted to use my phone right before I go to bed.

Academic goals are important because its setting is fundamental to the long-term success of any student. For example, I plan to keep good grades and maintain a 4.0 GPA. The steps I plan to do to maintain this goal is to study for an hour or two the night before and not to procrastinate or get distracted. I plan to study the review/study guide without any distractions near me, which means to be in a quiet room with no distractions such as noises or electronics. I also plan to overcome my self-doubt.

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