

# Chapter 6 Goals and Decision Making

**Section 6.1**

## Goals

**Directions:** List and explain five qualities of realistic goals. The first one has been done for you.

Realistic goals should be...	Why?
Specific	So you can follow your progress and keep yourself on track.

# Chapter 6 Goals and Decision Making

Section 6.2

## Decisions

**Directions:** Identify six resources you can use when making decisions.

