

# GLOSSARY

## MODULE THREE: GOAL SETTING

**assess:** 1. To determine the value or significance of; appraise. 2. To evaluate.

**criteria:** Standards, rules, or tests.

**goal:** The purpose toward which an endeavor or effort is directed.

**objective:** Something worked toward or aimed for; a goal, purpose, or destination.

**persevere:** To persist in any purpose or enterprise; continue striving in spite of difficulties.

**procrastination:** To put off doing something until another time, especially out of habitual carelessness or laziness.

**realistic:** Tending to or expressing an awareness of things as they really are.

**reassess:** To determine again the value or significance of.

**revise:** 1. To prepare a newly edited version of (a text). 2. To reconsider and change or modify.

**valid:** 1. Producing the desired results. 2. Based on evidence that can be supported.