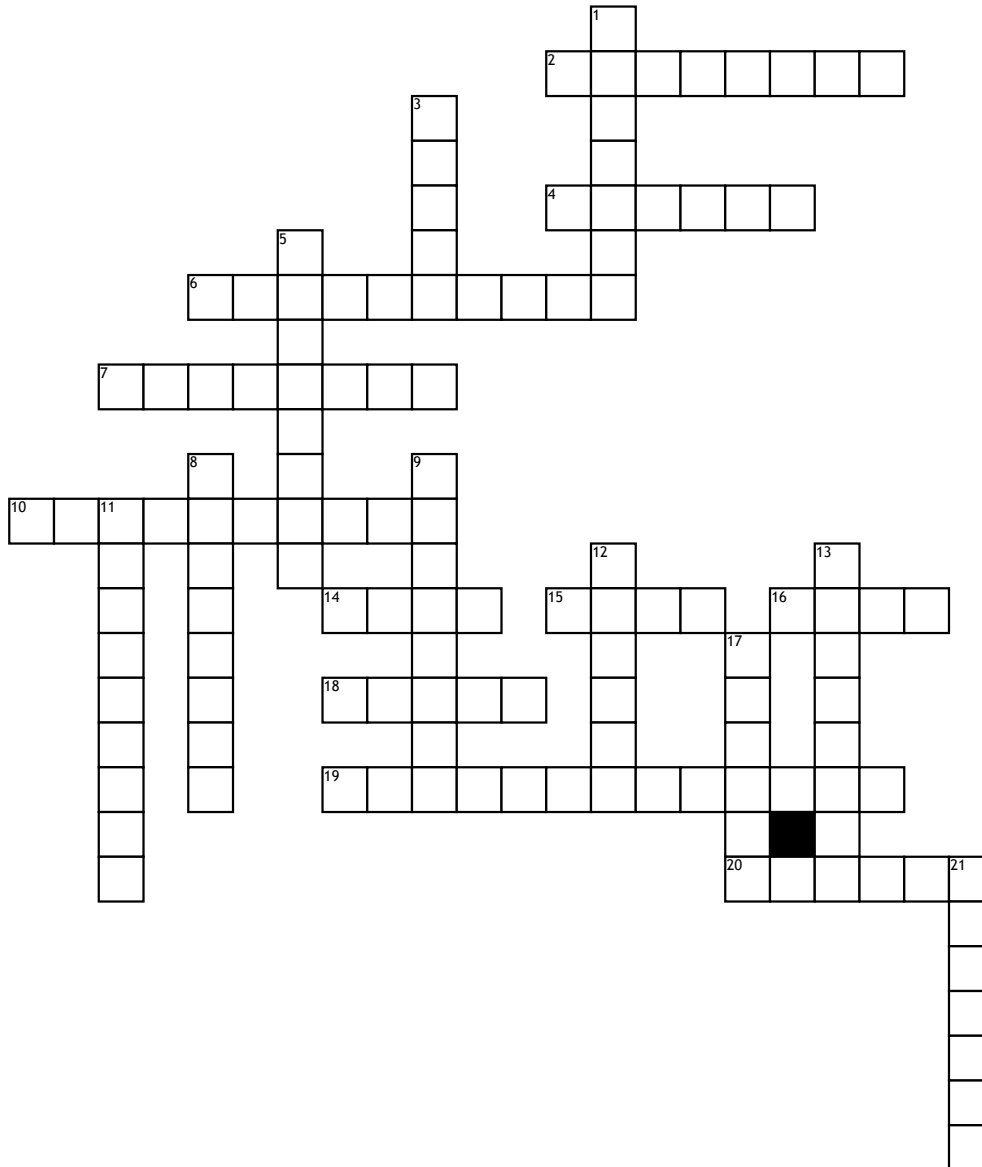


# Advanced Goal Setting



**Across**

- 2. Autonomy, Mastery, Purpose- Which one of those three words best describes-How will this event impact my basic human needs for living and belonging?
- 4. Think of a polluted river-the problems are seen downstream, but the \*\*\*\*\* of the problems is found further upstream.
- 6. What does the "M" in SMART goal stand for?
- 7. What does the "S" in SMART goal stand for?
- 10. What does the "A" in SMART goal stand for?
- 14. True or False. Basic needs need to be met before higher needs
- 15. When employees' needs are not met, motivation begins to decrease. This leads to dissatisfaction and \*\*\*\* performance.

16. Maslow's Hierarchy of Human Needs:

- #5 \*\*\*\*\_actualization
- 18. Rational thinking = FEEL> \*\*\*\*\*> DO
- 19. Maslow's Hierarchy of Human Needs: #1 \*\*\*\*\* needs
- 20. Maslow's Hierarchy of Human Needs: #4 self \*\*\*\*\*
- Down**
- 1. Autonomy, Mastery, Purpose- Which one of those three words best describes: How will this event limit my ability to serve my "mission?"
- 3. Maslow's Hierarchy of Needs: What are some physiological (basic) needs? oxygen, \*\*\*\*\*, food, shelter and sleep
- 5. If you change your mind toward \*\*\*\*\* thinking, you can change your feelings

- 8. Rational thinking resolves some of the inner \*\*\*\*\* between your unhealthy thinking and your rational, goal-oriented self
- 9. Maslow's Hierarchy of Human Needs: #2 Safety and \*\*\*\*\*
- 11. What does the "T" in SMART goal stand for?
- 12. Maslow's Hierarchy of Human Needs: #3 \*\*\*\*\* connectivity
- 13. What does the "R" in SMART goal stand for?
- 17. Rational Thinking= Stimulus > Rational thought and \*\*\*\*\* > Your response
- 21. Autonomy, Mastery, Purpose- Which one of those three words best describes-How will this event impact my feelings toward health and self-improvement?