

# CHARACTERISTICS OF GOALS

## The characteristic of short-term goals:

- Can be accomplished by the family quickly; within a day, week or month
- Are usually fairly easy to reach
- Have quick pay-off; the reward is obtained or felt immediately
- Imply that one must act now to accomplish them
- Lead to, (or are steps to) long-term goals

## The characteristics of long-term goals:

- They are simply the accumulated effects of many short-term goals
- Provide life direction over time
- Are often complex; you probably can't hold all of the steps and parts in your head
- Take a long time to reach
- Are major life accomplishments and events
- Can be hard, frustrating and seemingly impossible, but they can be reached