# LEWENSORIËNTERING GRAAD 11 KWARTAAL 1 OPSOMMINGS

#### HOOFSTUK 1: ONTWIKKELING VAN DIE SELF IN DIE SAMELEWING

#### Eenheid 1: Beplan en bereik lewensdoelwitte: Pas lewensvaardighede toe as bewys van 'n vermoë

#### Tipes doelwitte

#### Wat is 'n doelwit?

- lets wat jy probeer bereik.
- Dit help jou ten volle lewe.
- Dit help jou fokus, hou jou gemotiveerd en inspireer jou.
- lets wat tot aksie oorgaan.
- lets wat jy stel en dan optree om dit te bereik.

#### Doelwitte is nuttig, want dit:

- Gee vir jou rigting om jou te help beweeg van waar jy is na waar jy wil wees.
- Help jou om beheer van jou toekoms te neem en beplan soos jy dit wil hê.
- Is persoonlik, uniek of spesiaal en beskryf die dinge wat jy graag in die lewe wil doen en wees.

#### Lewensvaardighede wat jou sal help om doelwitte te bereik:

- Probleemoplossing
- Tydbestuur
- Besluitneming
- Nabetragting en evaluering
- Selfbestuur

#### Noem en beskryf die 3 tipes doelwitte.

- 1. Korttermyndoelwit
- Doelwit wat jy binne 'n week, maand, of paar maande kan bereik.
- Stel korttermyndoelwitte om binne 'n jaar te behaal.
- 2. Mediumtermyndoelwit
- Doelwit wat jy binne 1-3 jaar wil bereik.
- Korter as langtermyndoelwit en langer as korttermyndoelwit.
- 3. Langtermyndoelwit
- Lewensdoelwitte wat jy mik om oor tydperk langer as 3 jaar te behaal.

# **Lewensorientering Taak Graad 125**

**Sabine Zange** 

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