
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?

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

Doelwitte is nuttig, want dit:

1. Gee vir jou rigting om jou te help beweeg van waar jy is na waar jy wil wees.
2. Help jou om beheer van jou toekoms te neem en beplan soos jy dit wil hê.
3. 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. Korttermyn doelwit

- Doelwit wat jy binne 'n week, maand, of paar maande kan bereik.
- Stel korttermyn doelwitte om binne 'n jaar te behaal.

2. Mediumtermyn doelwit

- Doelwit wat jy binne 1-3 jaar wil bereik.
- Kort as langtermyn doelwit en langer as korttermyn doelwit.

3. Langtermyn doelwit

- Lewensdoelwitte wat jy mik om oor tydperk langer as 3 jaar te behaal.

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J Spring



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Table of Contents Lewensorientering Graad 11 Taak 1 Memorandum 2015

1. Understanding the eBook Lewensorientering Graad 11 Taak 1 Memorandum 2015
 - The Rise of Digital Reading Lewensorientering Graad 11 Taak 1 Memorandum 2015
 - Advantages of eBooks Over Traditional Books
2. Identifying Lewensorientering Graad 11 Taak 1 Memorandum 2015
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Lewensorientering Graad 11 Taak 1 Memorandum 2015
 - User-Friendly Interface
4. Exploring eBook Recommendations from Lewensorientering Graad 11 Taak 1 Memorandum 2015
 - Personalized Recommendations
 - Lewensorientering Graad 11 Taak 1 Memorandum 2015 User Reviews and Ratings
 - Lewensorientering Graad 11 Taak 1 Memorandum 2015 and Bestseller Lists

5. Accessing Lewensorientering Graad 11 Taak 1 Memorandum 2015 Free and Paid eBooks
 - Lewensorientering Graad 11 Taak 1 Memorandum 2015 Public Domain eBooks
 - Lewensorientering Graad 11 Taak 1 Memorandum 2015 eBook Subscription Services
 - Lewensorientering Graad 11 Taak 1 Memorandum 2015 Budget-Friendly Options
6. Navigating Lewensorientering Graad 11 Taak 1 Memorandum 2015 eBook Formats
 - ePub, PDF, MOBI, and More
 - Lewensorientering Graad 11 Taak 1 Memorandum 2015 Compatibility with Devices
 - Lewensorientering Graad 11 Taak 1 Memorandum 2015 Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Lewensorientering Graad 11 Taak 1 Memorandum 2015
 - Highlighting and Note-Taking Lewensorientering Graad 11 Taak 1 Memorandum 2015
 - Interactive Elements Lewensorientering Graad 11 Taak 1 Memorandum 2015
8. Staying Engaged with Lewensorientering Graad 11 Taak 1 Memorandum 2015
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Lewensorientering Graad 11 Taak 1 Memorandum 2015
9. Balancing eBooks and Physical Books Lewensorientering Graad 11 Taak 1 Memorandum 2015
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Lewensorientering Graad 11 Taak 1 Memorandum 2015
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Lewensorientering Graad 11 Taak 1 Memorandum 2015
 - Setting Reading Goals Lewensorientering Graad 11 Taak 1 Memorandum 2015
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Lewensorientering Graad 11 Taak 1 Memorandum 2015
 - Fact-Checking eBook Content of Lewensorientering Graad 11 Taak 1 Memorandum 2015
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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