
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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