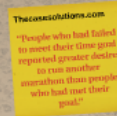
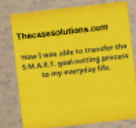
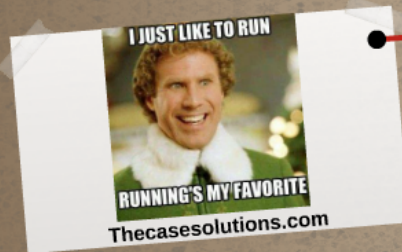


Thecasesolutions.com

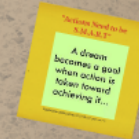


Thecasesolutions.com



Conclusion

S.M.A.R.T. goal setting isn't just for work



Thecasesolutions.com

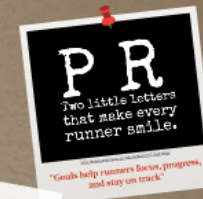
Online Grocery Shopping 2.0: Tesco Homeplus Virtual Store In South Korea

Thecasesolutions.com



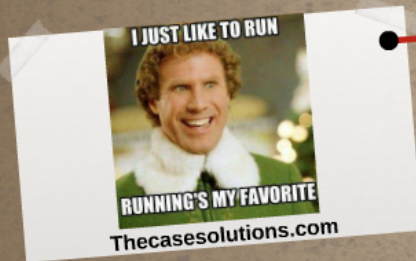
Thecasesolutions.com
"People who had failed to meet their goal reported greater desire to run another marathon than people who had met their goal."

Thecasesolutions.com



Conclusion

S.M.A.R.T. goal setting isn't just for work



Thecasesolutions.com
How I was able to transfer the S.M.A.R.T. goal setting process to my everyday life.

"A dream becomes a goal when action is taken toward achieving it..."



Thecasesolutions.com

Online Grocery Shopping 2.0: Tesco Homeplus Virtual Store In South Korea

Thecasesolutions.com

**How I was able to transfer the
S.M.A.R.T. goal-setting process
to my everyday life.**



Thecasesolutions.com

**“Goal setting...
increased running
distances”**



Image Source: Sydney Cosso



13.1

Thirteen Point One Miles

69,168 ft

23,056 YARDS

21.08 Kilometers

HALF MARATHONER

<http://www.pinterest.com/pin/9288742954628482/>

Thecasesolutions.com

**“People who had failed
to meet their time goal
reported greater desire
to run another
marathon than people
who had met their
goal.”**

Thecasesolutions.com

Thecasesolutions.com



PR
Two little letters
that make every
runner smile.

<http://www.pinterest.com/pin/24206916719947953/>

**"Goals help runners focus, progress,
and stay on track"**

INING FESTIVAL - HALF MARATHON

SYDNEY COSSO
MIDDLETON, ID
FEMALE / 18

6 - 19 Results

[Your MarathonFoto Race Day Photos](#)

4:04

1:54:04		
Division	Gender	Overall
4	192	711

Thecasesolutions.com

Thecasesolutions.com



INING FEST
SYDNEY
MIDD

WINNING FESTIVAL - HALF MARATHON

SYDNEY COSSO

MIDDLETON, ID
FEMALE / 18

1	:	54	:	04
Division		Gender		Overall
<u>4</u>		<u>192</u>		<u>711</u>

6 - 19 Results

your MarathonFoto Race Day Photos



4:04

Thecasesolutions.com