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"People who had failed to meet their New Year's resolutions reported greater desire to run another marathon than people who had met their goal."

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Conclusion

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



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



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Now I was able to transfer the S.M.A.R.T. goal-making process to my everyday life.



Nothing feels better than finishing your personal best, and even the taste of a chocolate chip cookie.



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People's Grocery (A): The First Step

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13.1
Thirteen Point One Miles
69,168 ft
23,056 YARDS
21.08 Kilometers
HALF MARATHONER

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

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PR
Two little letters that make every runner smile.
"Goals help runners focus, progress, and stay on track."



Conclusion

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



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

"Success starts to be S.M.A.R.T."

Specific
Measurable
Achievable
Relevant
Time-bound



Nothing feels better than beating your personal best, not even the taste of a chocolate chip cookie.

Weekly To-Do

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People's Grocery (A): The First Step

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



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**“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/>

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

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INING FES
SYDNEY
MIDD

WINNING FESTIVAL - HALF MARATHON

SYDNEY COSSO

MIDDLETON, ID
FEMALE / 18



6 - 19 Results

your MarathonFoto Race Day Photos



4:04

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