Principles of goal setting – SMARTER principle

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|  | Explanation  | Example |
| Specific | *The goal must be precise* | Run 12.7 seconds over 100 meters |
| Measurable |  |  |
| Agreed |  |  |
| Realistic |  |  |
| Time-phased |  |  |
| Exciting |  |  |
| Recorded |  |  |