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The a harvard business study found that the 3% of graduates from their mba who had their goals written down ended up earning ten times as much as the other 97% put together just ten years after goal setting theory

Locke Latham 1984 is based on the premise that conscious goals affect action

Ryan 1970 and conscious human behavior is purposeful and regulated by individual goals simply put we must decide what is beneficial to our own welfare and set goals accordingly

1. make them specific it's no use setting a goal that you'll study more or that you'll achieve the highest grades you can study goals must be specific otherwise you won't know when you've achieved them every week you need to be able to look at your goal and immediately be able to see whether you've made progress or achieved it

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Setting goals is the first step to reaching them

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