

THE GOAL-SETTING FLOWCHART

WHAT'S MY STRETCH GOAL?

To run a marathon



WHAT'S A SPECIFIC SUBGOAL?

Run 7 miles without stopping



HOW WILL I MEASURE SUCCESS?

Twice around the park, no walking



IS THIS ACHIEVABLE?

Yes, if I run 3 times a week



IS THIS REALISTIC?

Yes, if I wake up early every Mon, Wed, and Fri



WHAT'S MY TIMELINE?

Run 3 miles this week, 4 miles next week, 5 miles...

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