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Researcher Edwin Locke found that individuals who set specific, difficult goals performed better than those who set general, easy goals. Locke proposed five basic principles of goal-setting: clarity, challenge, commitment, feedback, and task complexity.

[What is Goal-Setting Theory? - GoStrengths](#)
: what-is-goal-setting-theory

[The 70-25-5 principle works like this](#)
: Dedicate 70% of your time working in areas where you're strongest. Give 25% of your time to working on things you want to improve. Spend 5% of your time working on areas of weakness.

[When Setting Goals, Use Direction To Get Rid Of Distraction - Forbes](#)
: sites : forbesagencycouncil : 2024/10/04 : when-settin...

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