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## GOAL SETTING IN HUMAN LIFE

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### Abstract

We study two contrasting approaches to goal setting and classify people into two types: "goaloholics" and "people of the flow". We describe how these approaches affect the life and health of a person. We determine the role the goal plays in human life and provide advice on preventing goal setting-related stress for each of the personality types.

### Keywords

Goals, result, intention, individual, activity, goal setting

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