

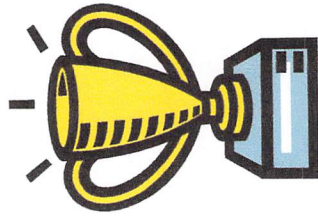
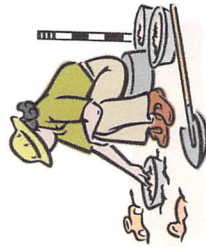
Goal Setting



Decide what you want.

Think about what you need to do.

Make a plan of action.



Carry out your plan.

ACHIEVE YOUR GOAL!!

Evaluate your outcome.