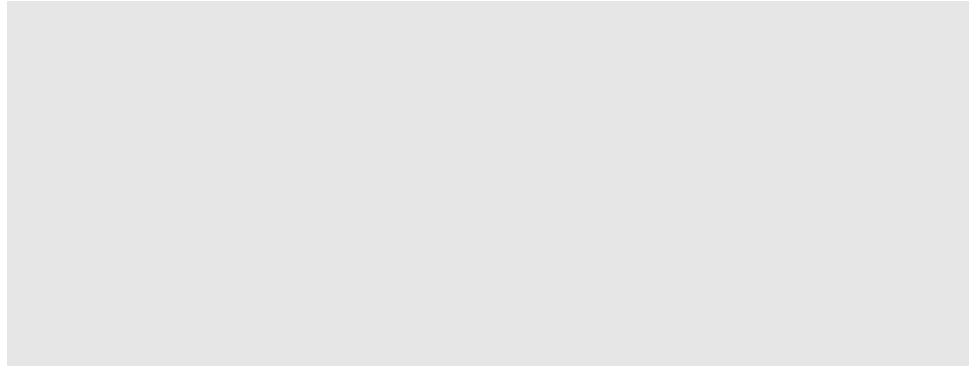


GOAL SETTING

Time to set a goal - an action step to move you toward your ultimate goal

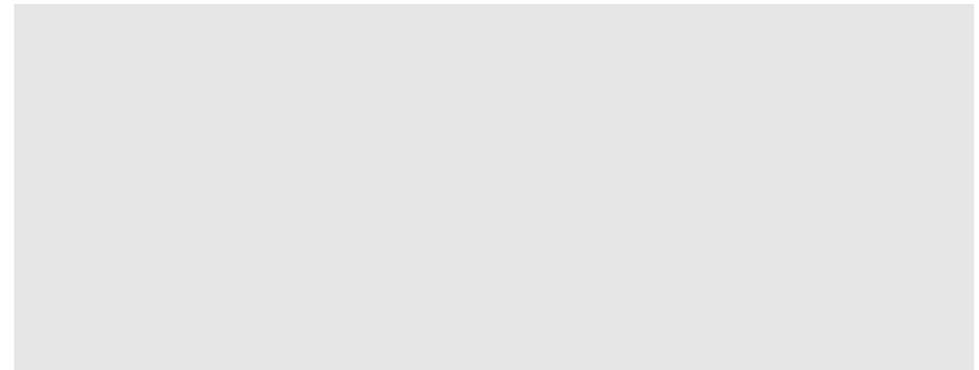
1. What is your goal? Be specific - what? when? who? why? where?



2. How will you measure your success?



3. Is your goal realistic? List your action steps.



4. What is your timeline? Is this a one day goal? One week?

