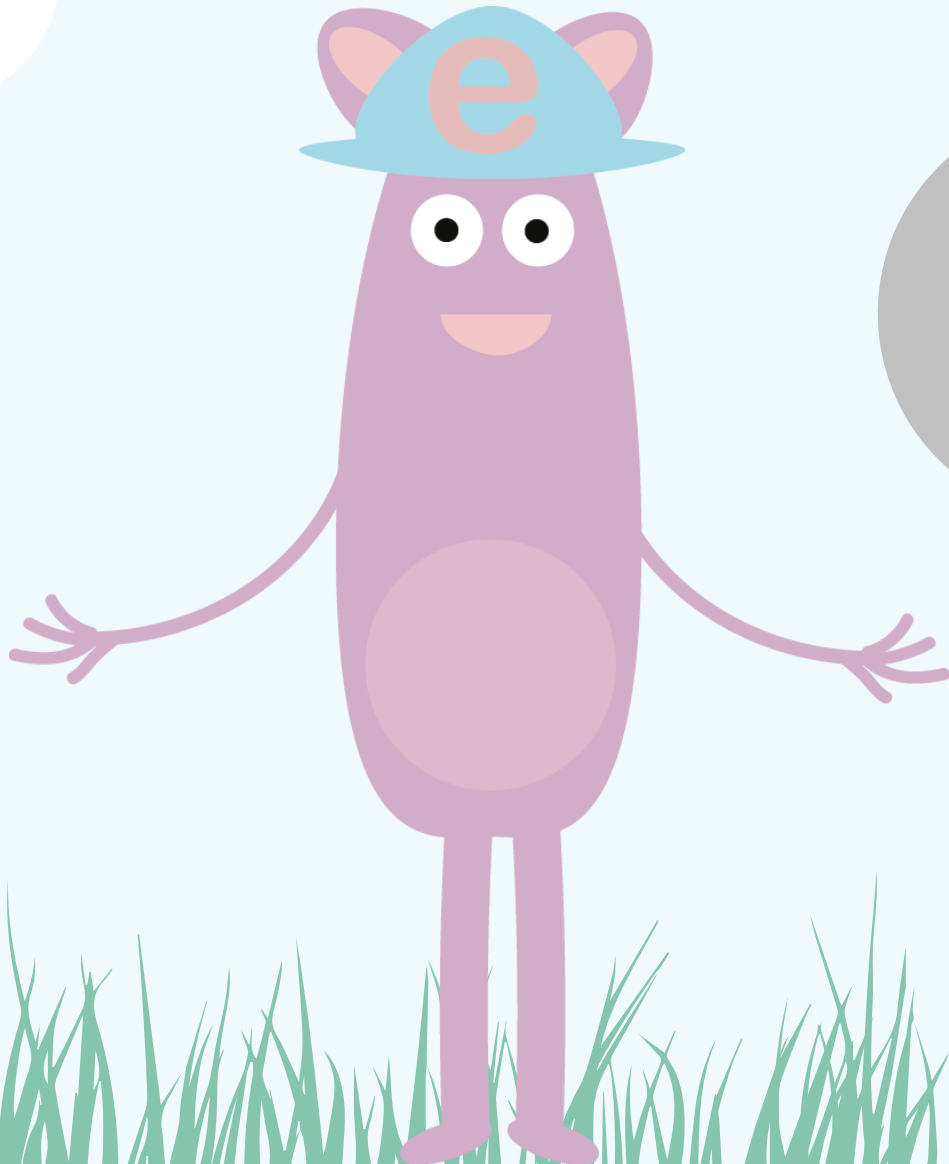


Goal Setting



1. Choose a goal
2. Describe success
3. Ask for Help