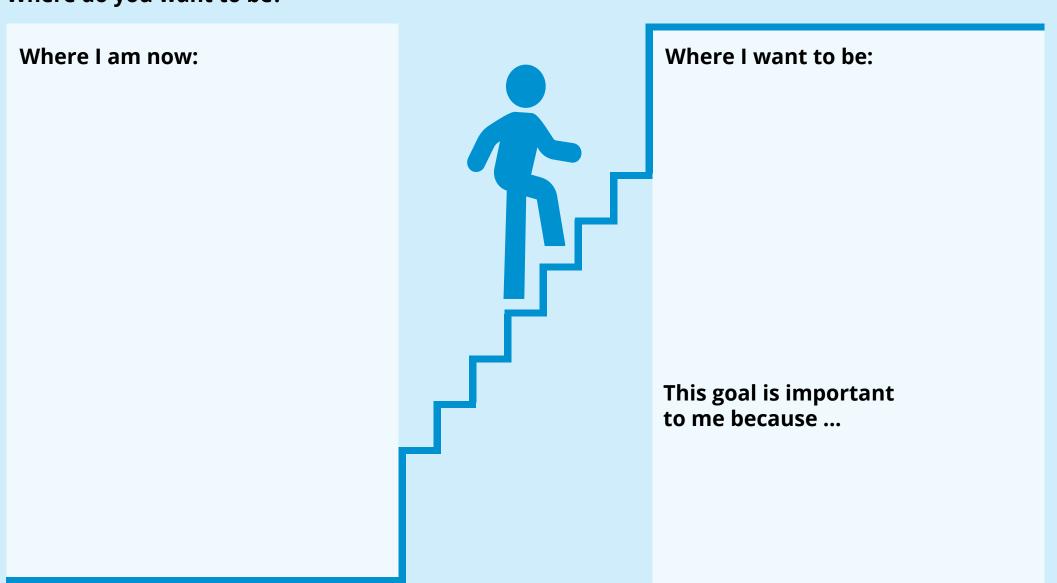
Setting my goal

Step 1: Where do you want to be?



Setting my goal

Step 2: Set your goal

| I will | | | | | | | |
|--------|-------------|------------|--|--|--|--|--|
| Action | Day/Time | Location | | | | | |
| | | | | | | | |
| | | | | | | | |
| | Time period | Start date | | | | | |
| | | | | | | | |
| | | | | | | | |

Step 3: Identify and work around potential barriers

| What might get in the way | What I can do | Person(s) who can help |
|---------------------------|---------------|------------------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Step 3: Revise your goal

Keeping up with my goal

Step 1: Write down the original goal

Step 2: Solve the problem

| What got in the way? | How can I work around it? | I will |
|----------------------|---------------------------|-------------|
| | | Action |
| | | |
| | | |
| | | |
| | | Day/Time |
| | | Location |
| | | |
| | | |
| | | |
| | | Time period |
| | | |
| | | Start date |
| | | |

| I will | What got in the way? | How can I work around it? | I will |
|-------------|----------------------|---------------------------|-------------|
| Action | | | Action |
| | | | |
| | | | |
| | | | |
| Day/Time | | | Day/Time |
| | | | |
| Location | | | Location |
| | | | |
| | | | |
| | | | |
| Time period | | | Time period |
| | | | |
| Start date | | | Start date |
| | | | |