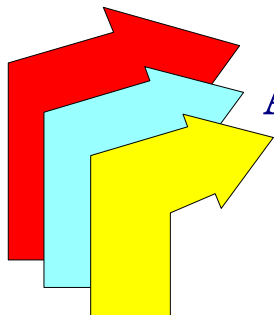


# GOAL SETTING

**IS MY GOAL....**

- 1** CONCEIVABLE & SPECIFIC  
**CAN I PUT IT INTO WORDS?**
- 2** BELIEVABLE  
**IS IT RIGHT FOR ME?**
- 3** ACHIEVABLE  
**CAN I DO IT?**
- 4** CONTROLLABLE  
**CAN I HANDLE IT?**
- 5** MEASURABLE  
**AM I GETTING THERE?**
- 6** DESIRABLE  
**DO I REALLY WANT IT?**

**I WILL DO IT.**



**NO IF'S  
AND'S OR  
BUT'S!**