**TIPS FOR GOAL SETTING**

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| 1. IDENTIFY THE GOAL
 | 1. RELATE IT TO A VALUE
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| 1. TELL 5 PEOPLE ABOUT IT
 | 1. LIST THE RESOURCES NEEDED
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| 1. LIST SOME TIME SAVERS
 | 1. LIST PREDICTABLE OBSTACLES
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| 1. LIST SOME SINGLE DAILY ACTIONS
 | 1. DEFINE YOUR SUPPORT STRUCTURE
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| 1. LIST YOUR REWARDS
 | 1. NEXT GOAL AFTER THIS ONE
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