**TIPS FOR GOAL SETTING**

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