

GOING 4 A GOAL . . .

START

1. what do you want to do?

2. when do you want to do this by?

3. how can you do this?

4. what could stop you?

5. what could help you?

6. is this a realistic goal? why?

6. if not, what can you do similar to it?

7. how will you know if you've done it?

nice one - now r u gonna go 4 it?

END