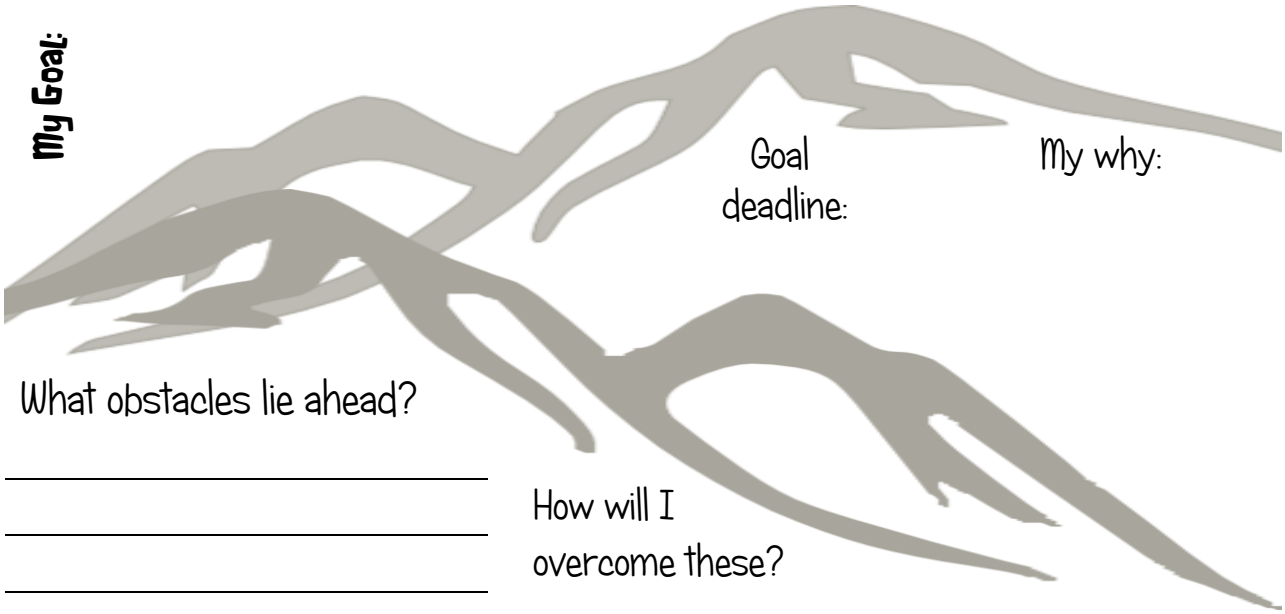
Name: _____

My Goal:



Goal deadline:

My why:

What obstacles lie ahead?

How will I overcome these?

Who could help me?

My Plan of Action:

(These are my specific steps. I will need at least 4.)

Name: _____